



Saturday, May, 21st 2016, 8:00 AM-registration

Walkers start at 9:00 AM & Runners start at 9:30 AM

Heart to Heart Fitness Center, Hogansburg, New York

A fast & fun 10K on the beautiful Akwesasne Reservation &

An Exciting Kids Free Obstacle Course!

Top Finishers will receive cash prizes & special medals!

Colorful Heart to Heart 10K Walk & Run Technical Shirts

Pre-Entry Fee: \$20.00 (until 5/1/16)

Post Entry Fee: \$25.00 (after 5/1/16)

Register online at: <https://g2racereg.webconnex.com/heart10k2016>

For more information call (518)358-3200 or email: alannadarling19@gmail.com

Make check payable to: Heart to Heart Fitness and mail to: P.O. Box 550, Hogansburg, New York 13655

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Running Club: _____ RACE: (circle) 10K Kids Obstacle Course

I know that running is a potentially hazardous activity. I should not enter or run/walk this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC; Heart to Heart Fitness; TMG, LLC; the city of Hogansburg, NY; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18