



"Race the Cougar" 5K- NWCS PTO

June 5, 2022

Kids Run: 8:45 AM 5K: 9:30 AM

North Warren Central School

6110 State Route 8, Chestertown, NY 12817

Race begins and ends at NW and will be run through the streets of Chestertown.

First Name _____ Last Name _____ M/F

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email _____

Birth Date ____/____/____ Age on Race Day _____

Emergency Contact _____ Phone (____) _____

Entry Fee

- ___ Registration \$25.00
 - ___ North Warren Student \$20.00
 - ___ Race Day Registration (until 8:45) \$30.00 (no shirt)
 - ___ Kids Color Fun Run (less than a mile) \$10.00 ages 10 and under only
- Color Runners are doused in a different colored powder(corn starch) as they run through obstacles along the course. Participants wear a white shirt at the starting line and finish the race colorful and happy.

Awards

Overall Top Male & Female

Medals for top 3 male and female in each age group

- 10 and under
- 11-14
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

Packet pick up: Race Day 7:30-9:15

Register by May 16th to receive a race shirt.

Adult S M L XL XXL Youth S M L XL

Release and Waiver (Please read and sign)

In consideration of accepting this entry for myself or for the person that I am registering, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against this event, the North Warren Central School District, the event staging facilities, any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subject to roads and trails that may have uneven terrain, rocks, roots, and other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the event to use any photos, videos, or any other record of this event for any purpose whatsoever. I agree to the above waiver and attest that I am either the participant or the parent/legal guardian of the participant.

Initial to agree to the waiver _____

Signature of participant _____ Date _____

Signature of Parent/Guardian _____ Date _____

*Mail Registration to: North Warren PTO PO Box 365 Chestertown NY 12817

Registration needs to be received by May 16, 2022, to receive a shirt**

*Drop off your registration at North Warren Central School: Attention Billie Jo Pratt

*Register online at www.active.com