



Awards:

Modest awards as follows: Male & female open division (39 & below), Male & Female masters (40 & over).
 Age group awards for Males & Females to the top runner in each age division: 10 and under, 11-14, 15-19,
 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over.

.....
 ☆ ☆ ☆ Waiver ☆ ☆

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, road conditions including traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsoring and affiliated parties including the FLRC officers, race directors and volunteers, Ithaca CSD, City of Ithaca, Ithaca Police Dept., Tompkins Co. Sheriff's Dept., Road Runners Club of America, Us Track and Field Assoc., and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

Signed: _____ Date: _____ / _____ / 09
 [Require Parent Signature If Under 18]