



Name: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail: \_\_\_\_\_ Male [ ] Female [ ]

Address: \_\_\_\_\_

Do you represent a business, school etc.? \_\_\_\_\_

Do you have a child running in the 5K Run for Kids at 10:30 a.m.? \_\_\_\_\_

Parent/Legal Guardian signature (if runner is under 18 years of age) \_\_\_\_\_

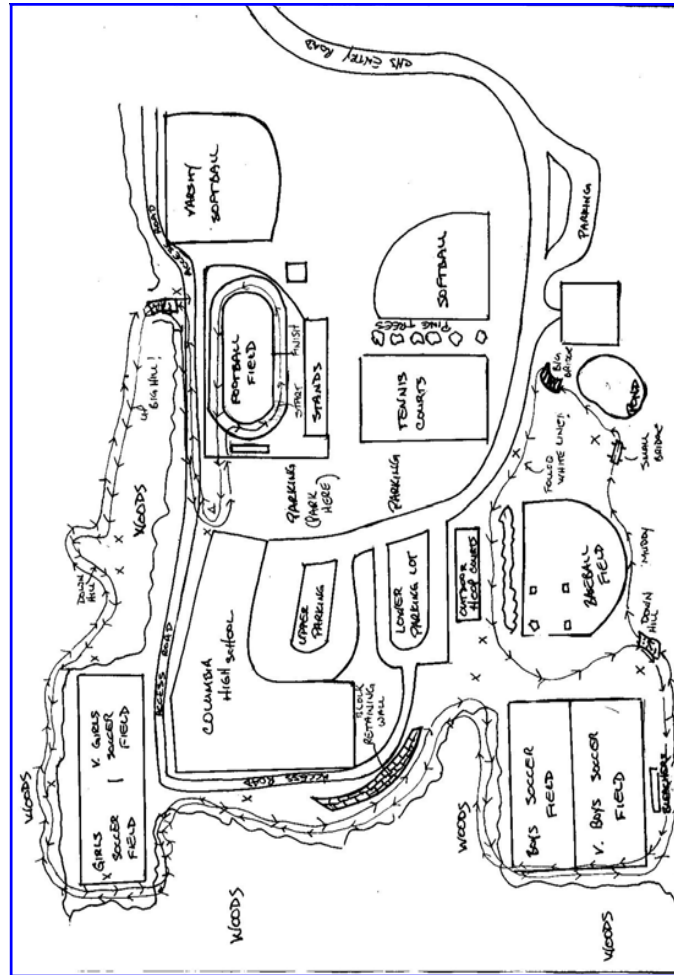
**Race Fee: \$10.00 Checks payable to: DPS PTO**

For a larger map or additional information go to: [www.egcsd.org/dpsutherland](http://www.egcsd.org/dpsutherland) and click on Physical Education/Events links.

Send all registration forms, and checks, made payable to DPS PTO, to:

**Donald P. Sutherland Elementary School  
c/o Jamie Holtz  
5 John Street  
Nassau, NY 12123**

For additional information please contact  
Jamie Holtz at: [Holtzja@egcsd.org](mailto:Holtzja@egcsd.org)  
or Chris Dedrick at: [Dedrickch@egcsd.org](mailto:Dedrickch@egcsd.org)



**For Adults and Teens!**

**Saturday, October 10  
9:00 a.m.**

**At Columbia High School  
962 Luther Rd  
East Greenbush, NY 12061**

**Race Fee: \$10.00**

Brought to you by:  
**Donald P. Sutherland Elementary School**

And sponsored by:

- Fleet Feet Sports,
- Hudson Mohawk Running Exchange
- Time Warner Cable
- Columbia All-Sports Club
- Envision Architects
- Nassau Vet Clinic
- Thoma Tire
- East Greenbush Teachers Association
- The Tinkers Premium Power

**COME JOIN US AS THE DONALD P.  
SUTHERLAND ELEMENTARY SCHOOL  
HOSTS IT'S FIRST EVER 5K TRAIL RUN  
FOR ADULTS AND TEENS**

We're known for our *5K Run for Kids* and now we are introducing a *5K Trail Run for Adults* as well!

Meandering throughout the maple trees and lodge-pole pines that surround the Columbia High School Campus is a beautiful cross country trail that has been home to the Columbia Cross Country teams for several years now. The race begins on the track. Runners will have 1 lap to establish spacing and from there the race moves into the woods. Once on the trail, you will encounter hills, creeks, bridges and fields. The race will conclude back on the track where an army of children will be watching you complete your run! The race is essentially an out and back design and the winner, male and female respectively, will receive the: "Pumpkin of Secrets"

We will not be awarding medals per age group as this is more of a fun run than a competition. We are trying to promote family wellness as many of our runners will have children racing at 10:30 in the DPS 5K Run for Kids. All proceeds from the event go to the DPS PTO to be used in purchasing educational tools for our students.

Following the race will be a presentation by Fleet Feet Sports on running sneakers, proper fitting and what to look for in a shoe that will best match your foot type and running style. Many runners in the Capital District purchase their running shoes from Fleet Feet as they value the knowledge that Fleet Feet employees present. In this presentation, they will be bringing that knowledge to you (and any children that you have running). So, stick around, you may find it very informative.

At 10:30 will begin the 5th annual DPS 5K Run for Kids and "The Order of the Pumpkin." This is the only 5K trail race of it's kind where the only participants are children in 2nd-6th grade. It has been a pleasure to host and we look forward to another great turnout of eager children who are ready to run!

Because this is not a USA Track and Field sanctioned event, we are not able to provide online registration. Therefore, we can not accept payment by credit card. Please fill out the attached form and send to the address below, the old fashioned way.

Donald P. Sutherland Elementary School  
c/o Jamie Holtz  
5 John St.  
Nassau, NY 12123

***Please remember that all checks should be made payable to: DPS PTO***

**WAIVER TO HOLD HARMLESS  
DPS 5-K TRAIL RUN FOR ADULTS AND TEENS**

***PLEASE NOTE: Each participant must carefully read and sign and submit the Waiver to the right.***

**WARNING AND AGREEMENT  
TO HOLD HARMLESS**

I am aware that participating in any sport or activity can be dangerous and involve many risks of injury. I understand that the dangers and risks of participating in the DPS 5-K Trail Run for Adults and Teens include, but are *not* limited to death; serious neck and spinal injuries which may result in complete or partial paralysis; brain damage; serious injury to complete or bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system; and serious injury of impairment to other aspects of my body, general health and well being. I further understand that it impossible to foresee all the possible injuries that a participant may suffer as a participant in the above sport/activity and I understand that the above listing is merely an illustration of *some* of the injuries which I could suffer by participating in the above sport/activity. I also understand that the dangers and risks of participating in the above sport/activity may result not only in serious injury, but in a serious impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

I understand that this warning is intended to notify me that by participating in the above sport/activity, I will be engaging in an activity which has inherent risks of injury. I am asking to participate in the above sport/activity with the full knowledge of the risks involved.

***(Continued)***



**WAIVER**

In consideration of the East Greenbush Central School District's Community Education Sports Program permitting me to engage in all activities related to this sport/activity, and intending to be legally bound, I do hereby assume all risks associated with such participation and do agree to release and forever discharge any and all rights and claims for damages, including and claims for loss, damages, or injury to my person or property arising out of the performance of failure of the performance of the East Greenbush Central Schools or the respective officers, its employees, agents, representatives, successors, and/or assigns of the East Greenbush Central School District, for any and all damages which may be sustained and suffered by me in connection or association with my participation in any activities related to the East Greenbush Central School District's Community Education Sports Program.

These terms shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I certify that to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that would impair my participation in the East Greenbush Central Schools' Community Education Sports Program.

***Print Participant's Name*** \_\_\_\_\_

***Participant's Signature:*** \_\_\_\_\_

***Date:*** \_\_\_\_\_

***Parent/Guardian's Signature (if participant is under 21 years of age):***

\_\_\_\_\_

***Date:*** \_\_\_\_\_

***School Facility:*** Columbia High School

