

Child's Name: _____ Boy [] Girl []

School: _____ Grade: _____

Parent/Legal Guardian: _____

E-mail: _____

Phone (Day): _____ Phone (Evening): _____

Medical concerns/information we should know about:

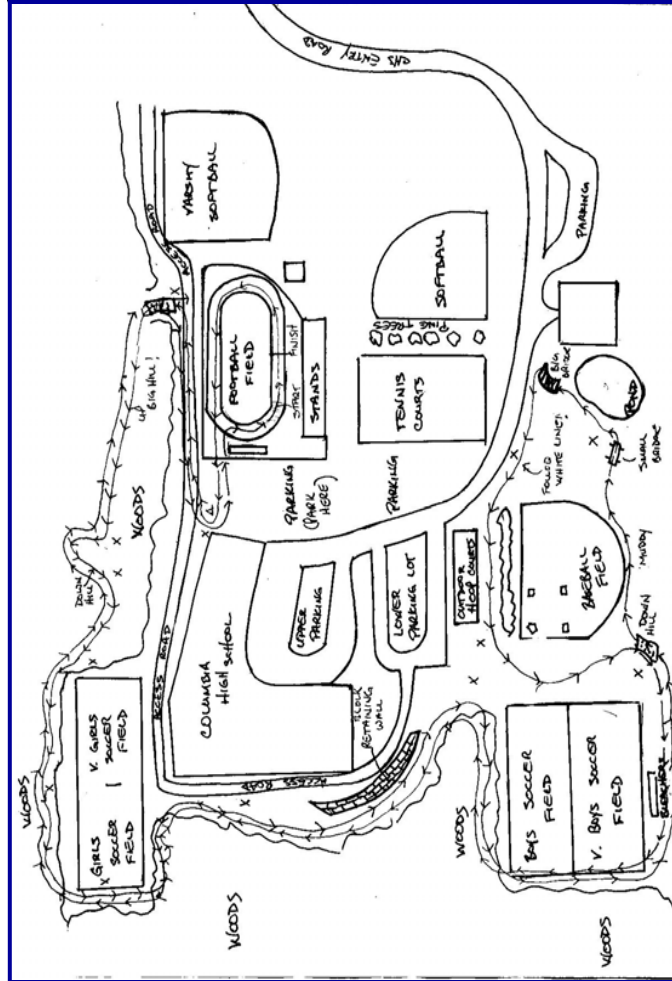
Cost Per Runner: \$5.00

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

To obtain a registration form for the DPS 5K Trail Run For Teens & Adults go to: www.egcsd.org/dpsutherland and click onto the Physical Education/Events links.

For additional information please contact Jamie Holtz at: Holtzja@egcsd.org



SATURDAY, OCTOBER 10TH

10:30 A.M.

**AT COLUMBIA HIGH SCHOOL
962 LUTHER RD
EAST GREENBUSH, NY 12061**

\$5.00 PER RUNNER

This event is made possible through the generosity of our sponsors:

- FLEET FEET SPORTS**
- ENVISION ARCHITECTS**
- THOMA TIRE**
- NASSAU VETERINARY CLINIC**
- TINKERS PREMIUM POWER**
- E.G.T.A.**
- (EAST GREENBUSH TEACHERS ASSOC.)*

PLEASE NOTE: If your child does not attend a school within the East Greenbush Central School District, the attached Waiver to Hold Harmless must be signed by both student and parent/legal guardian. Without doing so will unfortunately render the student ineligible to participate.

**THE D.P.S. FIFTH ANNUAL
5K RUN FOR KIDS
AND "THE ORDER OF THE PUMKIN"**

Saturday, October 10, 2009

This season marks the fifth year that the Donald P. Sutherland Elementary School has hosted this special event. We are very proud and very excited to continue providing children with the opportunity to participate in the only 5K trail run that is just for kids.

So, what exactly is the *Order of the Pumpkin*? Of course, you all know that the *Order of the Phoenix* is from Harry Potter; but, a pumpkin, what does it mean? That my friends, is for you to decide. Maybe the order is to run, maybe the order is your running club, maybe it's the friends you train with. Maybe the pumpkin is like the Great Pumpkin in Charlie Brown. Think about it and we'll ask you on race day to see what you came up with and what it means to you.

This year, we have two special additions to our event. Beginning at 9:00 a.m., there will be the first ever *D.P.S. 5K Trail Run for Adults & Teens*. There, you can see parents, relatives, teachers, bus drivers, and many other people you know run for *The Pumpkin of Secrets*.

The second addition will be a special presentation at 10:00 a.m. by Fleet Feet Sports. In the presentation will cover running sneakers: how they should fit, why they are important for running, and how to decide which type are best for you. If you like running, you'll want to hear this!

The race will begin on the Columbia High School track. Runners will complete one lap, exit the track area and head to the trail. On the trail they will cross over bridges, run through mud, across fields, up big hills, down big hills and eventually finish back on the track. Gold, silver and bronze medals will be awarded to boys and girls from each grade level (2-6) after the race. Enjoy!

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

**WAIVER TO HOLD HARMLESS
DPS 5-K RUN FOR KIDS**

PLEASE NOTE: Each participant must carefully read and sign and submit he 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 Run for Kids 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's/Guardian's Signature

(If Participant is under 21 years of age):

Date: _____

School Facility: Columbia High School

