



**3RD
ANNUAL**

COUCH TO 5K & 10K

FUN RUN/WALK


OCTOBER 11, 2015

**Race Start at 1:00 p.m. for 10K and
1:15 p.m. for 5K**

Paddleford Park, Chapel Street, Sherburne NY

Registration (Pre and Day of the Race)

- Entry Fee \$15 Pre Registration until 9/20/14
- Day of Race \$20
- Registration day of the race is at 11:30 a.m. to 1:00 p.m.
- T-Shirts for the first 100 people to register



**Awards will be given for
overall male - female
and all age group
winners.**



**Refreshments and
fruit will be available
for all participants!**

3rd Annual Couch To 5K & 10K Fun Run/Walk Entry Form

- Make Check or Money Order payable to **C25K Fun Run**
- Send entry form and payment to, Attn:Treasurer, Village of Sherburne, PO Box 704, Sherburne, NY 13460
- Any Questions please contact Jeff Beaver at 607-674-9264

Last Name _____ **First Name** _____

Street Address _____

City _____ **State** _____ **Zip** _____

Male _____ **Female** _____ **Birth Date** _____ **Age** _____

Date of Race _____ **Phone #** _____ **T-Shirt Size** **S** **M** **L** **XL**

In consideration of my entry being accepted, I intend to be legally bound and do hereby release for myself and waive and release rights and claims to the Village of Sherburne. If I should suffer injury or illness, authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I have read the above release and understand that I am entering this event at my own risk.

Please Sign Here _____ **Date** _____

Parent Signature (if participant is under 18) _____ **Date** _____