



“OVER THE BRIDGE”
7th ANNUAL 10 K Run &
5 K Run/Walk

SEPTEMBER 9, 2017

Course: Beautiful vistas along the Atlantic Ocean, Shinnecock Inlet, Shinnecock Bay, and enjoy the extraordinary breathtaking views over the Ponquogue Bridge and into the residential areas of Hampton Bays. The course is generally flat and fast combined with the exhilarating challenge of crossing the Ponquogue Bridge.

Registration: You must register at the Hampton Bays Middle School on Ponquogue Ave. between **7:00-8:30 AM**, Race so that you can be bused to the starting area at Warner’s Park on the South Side of the Ponquogue Bridge. **Race start 9 AM.** No Vehicular traffic allowed at Warner’s Park. Drop off & Parking available at Ponquogue Beach.

Cost: \$25 Pre-Registered (post marked before 9/4/17, first 550 guaranteed a T-shirt), \$30 race day. Children 14 and under \$10. No chip given age 10 & under.

This is a rain or shine event. No refunds, exchanges, or transfers. No Roller Blades, Headphones, and Animals are prohibited from participating in this race. All participants under twelve (12) years of age must be accompanied by an adult.

Make Checks Payable to: **Hampton Bays Lions Club**
Drawer 759
Hampton Bays, N.Y. 11946

Directions: From Montauk Hwy., Hampton Bays, South on Ponquogue Ave. (approx. ½ mile) see Middle School on West Side of Ponquogue. Plenty of Parking at School.

Registration Form: Runner: 10K () 5K () Walker: () 5K

First Name: _____ Last Name _____ MI: _____

Mailing Address: _____ Town: _____ St. _____ Zip: _____

E Mail Address: _____

() Male () Female Age as of 9/09/17 _____ T-Shirt S ___ M ___ L ___ XL _____

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 properly trained. I agree to abide by any decision of a race official relative to safely completing the run. I assume all risks associated to running in this event including, but not limited to: falls, contact with other participants, effects of weather including heat & humidity, dehydration, traffic and the conditions of the road, all such risks being to participation in this event. Roller blades, Headphones, animals are prohibited from participating in the race. I waive and release the Hampton Bays Lions Club, Town of Southampton, Race Directors, their agents, servants, and volunteers from all claims or liabilities of any kind arising out of my participation in this event. All roadways will remain open to vehicular traffic, participants are to use caution & stay as close to the right shoulder of the roadway as possible & to cross roadways only at intersections controlled by the police department and only when instructed to do so.

SIGNATURE: _____ (If under 18, signature of parent or legal guard

OR ONLINE REGISTRATION AT: www.lirunning.com