

McGann-Mercy

# 5K



## RUN FOR THE BUS October 1, 2016

**START TIME:** 5K Run begins at 8:00 a.m. Rain or Shine. Race-day registration begins @ 7:00 a.m.

**LOCATION:** This 5K Run begins at McGann-Mercy High School, 1225 Ostrander Avenue, Riverhead, NY 11901 The course follows Middle Road to Old Farm Road. Loops through the residential neighborhood and finishes at the high school.

**PRE-REGISTRATION:** Complete and return the attached runner entry form by September 23, 2016 to register at the early bird rate of \$20.00 per person.

Registration may be completed online <https://runsignup.com/Race/NY/Riverhead/5KRunfortheBus> or forms may be printed from the McGann-Mercy website ([www.mcgann-mercy.org](http://www.mcgann-mercy.org))

**T-SHIRTS:** T-Shirts will be guaranteed for Pre-registrants. Race-day registrants on a first come first serve basis.

**AWARDS:** Awards will be presented to top Male & Female Overall and Top Male & Female in each age group. Age Groups: 13 & under, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

**FESTIVITIES:** There will be complimentary food and drinks after the race. The awards ceremony will begin at 9:15 a.m.

**SAFETY:** For the safety of runners; bicycles, roller blades, scooters, skate boards and animals are prohibited.

**FOR MORE INFORMATION:** Call 631-727-5900 Ext 403

**MAIL IN REGISTRATION FORM:**

Bishop McGann-Mercy High School – 5K  
1225 Ostrander Avenue  
Riverhead, NY 11901

PRE-REGISTRATION \$20 (Race-day registration \$25)

*Entry fees are non-refundable*

T-Shirts guaranteed for pre-registrants received by Sept. 23, 2016

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

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

City, State, Zip \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

\_\_\_\_ Male \_\_\_\_ Female

Shirt Size: (Adult sizes only- circle one): S M L XL

**WAIVER:**

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages or injuries I may have against The Diocese of Rockville Centre, the Bishop thereof, Bishop McGann-Mercy Diocesan High School, and all sponsors and their representatives, successors, persons and organizations involved or affiliated with this race for any and all injuries to myself or my personal property. This release includes any and all injuries and/or damages suffered by me before, during or after the event. I attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and have sufficiently trained for the competition of this event, and that a licensed medical doctor has verified my physical condition. Further I hereby grant full permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that participants under 18 must be accompanied by an adult.

Signature: \_\_\_\_\_

(if under 18, signature of parent or legal guardian)

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