



# The 7th Annual Sag Harbor 5K Run

Presented by the Gwen L. Kosinski Foundation Benefiting Brain Tumor Research



Saturday, May 8, 2010 8:30 AM

*Timed by Finish Line Road Race Technicians, Inc.*

## Race Information:

- **Starting Line** – 21 West Water Street Sag Harbor, NY on the corner of West Water Street & Long Island Ave.
- Cash Awards for Top 3 Male and Female runners
- Age groups - 19 and under, 5-year age groups
- **Please note that dogs & strollers will not be permitted due to safety and liability concerns**

**Registration Fee: \$25.00** Checks made payable to "GLK Foundation" (non-refundable but tax-deductible)

## How to register:

1. **GO GREEN!** Pre-register online at [www.glkfoundation.org](http://www.glkfoundation.org)
2. Pre-register by completing the registration form below and mailing it with a check to:  
**The Gwen L. Kosinski Foundation**  
**c/o Kosinski Associates**  
**318 Roanoke Avenue Riverhead, NY 11901**  
*This form can be downloaded at [www.glkfoundation.org](http://www.glkfoundation.org)*
3. In person on Race Day, 7:00 am – 8:00 am at start of the race

To raise additional money supporting this important cause, register online at [glkfoundation.org](http://glkfoundation.org), create a race account, email friends and loved ones to sponsor your run! All sponsorship donations can be made online using a credit card.

## Minds Over Matter Sag Harbor 5K

*Please complete all information and sign*

**First Name:**  **Last Name:**   
**Address:**  **PO Box:**  **Apt. #:**   
**City:**  **State:**  **Zip code:**   
**Home Phone:**  **Age on Race Day:**  **Sex:**   
**Email Address:**  **Requested T-shirt Size:**   
(guaranteed t-shirt if registered by 4/15)

**Runner**   
  **Walker**   
  **Wheelchair**

*\*Please be advised that dogs & strollers will not be permitted due to safety and liability with increasing participant numbers.*

In consideration of my participating in the 2010 Minds Over Matter Sag Harbor 5K Run, I represent that I understand the nature of the event and that I am in good health, and in proper physical condition to participate in such event. I fully understand that the event involves risks of serious bodily injury, permanent disability or death which may be caused by 1) my own actions, 2) those actions of others – including "releases", 3) event conditions, or 4) risks not known to me at this time. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I may incur as a result of my participation in this event. I hereby release, discharge and agree not to sue The Gwen L. Kosinski Foundation, Inc., Village of Sag Harbor, Town of Southampton, their respective directors, officers, agents, volunteers, other participants, employees, sponsors, advertisers and landowners (all considered "releases") from all liability, claims, demands, losses, or damages I may incur as a result of participation in this event, whether caused in whole or part by negligence of the "releases", including negligent rescue operations. I further agree to indemnify, save and hold harmless each of the "releases" from any loss, liability, damage or cost (including reasonable attorney's fees) which they may incur resulting from anyone making a claim on my behalf. I understand that if one part of this Agreement is invalid, all other parts will remain valid to the extent of the law. I have read this unconditional Agreement, fully understand it and the rights I've waived by signing voluntarily.

**Printed Name:**  **Date:**

**Participant/Legal Guardian Signature:**

*Participants under 18 must receive parent/guardian permission to participate*