



2010 DASH & SPLASH

The Switzerland Inn, Keuka Lake, NY

5K and 1-Mile Fun Run

Sunday, August 22, 2009 at 10:00 a.m.

(Check-in 8:30 a.m. – 10:00 a.m.)

Visit: www.keukalakedashandsplash.com

Where: The Switzerland Inn, 14109 Keuka Village Road, Hammondsport, NY 14840
Entry Fee: \$20 for participants ages 21 and up, \$15 for all other participants
5K Categories: 17 & Under, 18-29, 30-39, 40-49, 50-59, 60+
1-Mile Categories: 6 & Under, 7-9, 10-12, 13-15, 16-18, 19+, Runner with occupied stroller
Awards: Overall 5K winners and 5K and 1-Mile age group winners (male & female)
Questions: Call Mindy at (607) 229-9792, or e-mail: keukalakedashandsplash@yahoo.com

Last Name: _____ First Name: _____

Street: _____ City: _____ State: _____

Zip: _____ Phone: _____ Age: _____ Birth Date: _____

E-Mail: _____ Gender: _____

Event (circle one): 5K 1-Mile Adult Shoe Size: _____ (Youth receive medallions)

Waiver:

I understand that a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to contact with other participants, foul weather, water hazards, traffic and road conditions; all such risks being accepted by me. I, for myself and anyone entitled to act on my behalf, waive and release The Switzerland Inn, All Event Sponsors, and the Keuka Lake Dash and Splash race committee and volunteers, the whole of Steuben County, and the whole of Yates County from all claims and liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Under 18 Parent/Guardian Signature: _____

Mail Completed form with entry fee (make checks payable to Keuka Lake Dash & Splash at The Switz) to:
Keuka Lake Dash and Splash, 118 Monell Street, Penn Yan, NY 14527