

1ST ANNUAL

COPS joggers **5K**



- Saturday, April 19, 2014, at 10:00a.m. *Rain or Shine!*
- Kids Run at 11:30
- 5k, (3.14 miles)
- Shuttleworth Park, (*Amsterdam*)
- Mohawks Stadium: Park and Start at 53 Crescent Ave, Amsterdam, N.Y. 12010
- Day of race registration: 8:00 AM to 9:30 AM
- Fee: Pre-race: \$15; \$20 Race day

- Special race souvenirs guaranteed to first 150 registered runners.
- Refreshments, hot and cold.
- Awards to 1st three finishers, male and female
- Kids Run is Free to all children 10 and below. (1 lap around the park starting at 11:30)
- Questions? Call Ariel Santiago 842-1100 ext. 224, Amanda Spaulding 842-1100 ext. 124

****Portion of entry fee goes to Wishful Thinking****

Please mail with check payable to the Amsterdam PBA and mail to PO BOX 576, Amsterdam NY 12010 ATTN: Jacob Gifford By April 1st or sign up the day of the race.

Fun/Crazy Easter Themed apparel is welcome ☺

T-Shirt size: S _____ M _____ L _____ XL _____ (t-shirts are short sleeved men's)

Name _____ Age _____ DOB _____

Sex _____

Street _____

City _____ State _____ Zip _____

Phone _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against the Amsterdam PBA, and all officials and volunteers in this race for any Injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature _____ Date _____

Parent or guardian signature (if under 18)
