

East Hampton Rotary, Run for Ron 10K

2009: Register Early for discounts!

When : Saturday, August 1, 2009, 9:00 a.m. Start
Where: Denniston Bell Park

Early Bird registration by April 30 Cost: \$20.00; After April 30: \$25.00; After July 15: \$30.00 Check in 8:00 - 8:45 am. Race starts promptly at 9:00

Course: Challenging Course [MAP](#)

Age Groups: 14 and under, 15-19, 20-24, 25-29, 30-34,35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over

Awards: Top male and female overall and first in each age group.

Directions: Rt 27 East past Amagansett Fire House, make a left on Abrahams Landing Road, then left on Cross Hwy.

The Winning Time Chip must be worn around your ANKLE. Failure to do so will exclude you from the results. Wear your bib number with pull tag on your front. Do not pin the big hole. The Winning Time Chip is on loan to you and remains the property of Island Timing. The chip must be returned at the finish line or you will be charged an additional \$20.

Mail completed Run for Ron 10K application and check payable to:

East Hampton Rotary, Run for Ron, 4 North Cape Lane, East Hampton 11937. Pre Reg by April 30: \$20.00; After April 30: \$25.00; After July 15: \$30.00

Your E-mail _____

Phone # _____

Name _____ [] M [] F; Birth Date __/__/__ Age race day _____

Address _____ City _____ State _____ Zip _____

Waiver: I know that a 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 my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of the weather, including high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of East Hampton; East Hampton Rotary, the East End Road and Trail Runners Club; all sponsors, Race Directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers,

Headphones, Animals are prohibited from participating in this race.

Please make checks payable to: East Hampton Rotary, Run for Ron, 4 North Cape Lane,
East Hampton 11937.

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

If you do leave the race without returning your chip, you will be billed \$20. To avoid this
charge, please return the chip.