

Registration Form

Saturday, April 17, 2010

8:30 AM Start

Online registration closes at 3:00 PM 04/16/2010

Check-in & Walk-in registration begins at 7:30 AM
in front of the Bedford Hills Train Station

All participants MUST be registered by 8:00 AM

Participants must complete 5K by 10:00am (no strollers/dogs!)



Please Read and Sign Waiver Below:

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, heirs, executors, and administrators, waive and release any and all rights and claims of damages I and any members of my family may accrue against the Town of Bedford Hills and directors and operators of the Run for the Hills, their successors, and assigns from any and all injuries suffered by me and any members of my family in said event. I attest and verify that I and any members of my family will participate in this event as a footrace or walk entrant, that I and any members of my family are physically fit and have sufficiently trained for the completion of this event and my and any members of my family has been verified by a licensed medical doctor. I hereby grant full permission to any and all of the foregoing to use photograph, recordings, or any other record of this event for any legitimate purpose.

(Parent/Guardian if 18 & under)

Name: _____

Address: _____

Town: _____

State: _____ Zip: _____

E-mail: _____

Signature: _____ Date: _____

Mail-in forms must be received by 04/10/2010

Total amount enclosed \$ _____

Checks payable/mail to: BHNA P.O. Box 670 Bedford Hills, NY 10507

Every participant must complete a separate form (no multiple registrants on one form!)

Age on 04/17/2010 _____ F M

Adult Shirt Sizes: ___S ___M ___L ___XL

(guaranteed for only the first 150 registrants - pick up your shirt pre-race to assure getting your desired size)

Registration Fee: \$20 before 04/17/09 \$25 after 04/17/2010 and day of event

Thank you to the Town of Bedford Hills for their co-sponsorship!