



The New York Harriers and Urban Athletics Bring You the



First Annual Sunset & Suds 5K Run

Sponsored by Brooks & P.D. O'Hurley's

Thursday, August 27th at 7 pm

Flat, fast out-and-back 5K with start/finish at Hudson Beach Café at 105th Street and Riverside Park

*PLUS! Postrace party at Hudson Beach Café
with FREE BEER and FREE BROOKS TECH T!*

- Brooks running shoes awarded to top 3 open Male and Female and top 3 Masters Male and Female
- \$25 entry fee with pre-registration at Urban Athletics 1291 Madison Avenue between 91st and 92nd Streets or race night at the start line until 6:45 pm
- Pre-registration recommended as race is capped at 250 runners
- Receive a 20% discount on running gear from Urban Athletics when you pre-register or through Sunday August 30 by presenting your race number
- Closest subway is #1 train at 103rd Street
- Baggage check available

Registration Form – Make Checks Payable to: New York Harriers No refunds, exchanges, or transfers.

First Name: _____ Last Name: _____ MI: _____

Mailing Address: _____ Town: _____ St.: _____ Zip: _____

() Male () Female Age as of 8/27/09 _____ Email address: _____

Waiver: I know that 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 safely completing the run. I assume all risks associated to running in this event including, including but not limited to: falls, contact with other participants, the effects of weather including heat and/or humidity, dehydration, traffic and the condition 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 New York Harriers, Urban Athletics, P.D. O'Hurley's, Brooks, their agents, servant, 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 the race.

Signature: _____ (If under 18, signature of parent or legal guardian)



P.D. O'Hurley's

