



URBAN ATHLETICS BRINGS YOU THE

SUNSET & SUDS 5K

SUMMER SERIES

+ Kids NYC 800m Road Race Championship

THURSDAY EVENING, JULY 21ST

THURSDAY EVENING, AUGUST 25TH

THURSDAY EVENING, SEPTEMBER 15TH

Kids' Race (ages 8-12) at 6:30pm, 5k at 7pm

FLAT, FAST, ACCURATE OUT-AND-BACK 5K WITH START/ FINISH AT HUDSON BEACH CAFE AT 105TH STREET AND RIVERSIDE PARK

PLUS!

- **FREE BEER** until 9pm for all Participants (+21)
- Free Monogrammed Beer Glass
- Free pair of Feetures socks (\$10 value)
- Receive a \$25.00 gift card towards the purchase of any full-price Adidas shoe (30 day expiration)
- Raffle Prizes

PRIZES FOR:

1st Boy in Kids' 800m Race
1st Girl in Kids' 800m Race

1st Overall Male in 5K
1st Overall Female in 5k

1st Overall Age-Graded Male in 5K
1st Overall Age-Graded Female in 5k

- \$30 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. \$75 prepaid for all 3 races. \$10 entry for Kids 800m Race.

- Pre-registration recommended as race is capped at 250 runners
- Closest subway is #1 train at 103rd Street
- Baggage check available

Registration Form: *Make checks payable to Urban Athletics*

Race Date(s) (please circle):

July 21st
Kids / 5k

August 26th
Kids / 5k

Sept. 14th
Kids / 5k

No refunds, exchanges, or transfers.

First Name: _____ Last Name: _____ MI: _____

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

() Male () Female Age as of 7/26/11 _____ Email address: _____ Phone #: _____

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)