

1 4 T H A N N U A L

New Year's Resolution

5K Race/Walk and Fun Run

SPONSORED BY ST. LAWRENCE UNIVERSITY TRACK & FIELD

SUNDAY, December 31, 2006

5K RACE 5K WALK 1/2 MILE FUN RUN _____
T-SHIRTS TO THE FIRST 100 ENTRANTS (No entry fee)

AWARDS: Top male and female finishers in several age categories as well as door prizes.

GENERAL INFORMATION

5K beginning and ending at Augsbury Center on the St. Lawrence University campus in Canton, N.Y.

START TIMES Fun Run: 10:45 a.m. **5K Race/Walk:** 11:00 a.m.

Packet Pickup: Augsbury Center Leithead Field House, 9:30 a.m. to 10:30 a.m.

Entry Fees: Pre-Registration (received prior to 12/15)- \$10 Race Day- \$12

Primary Sponsors:

Stewart's Shops



**NORTH COUNTRY
SAVINGS BANK**

Major Sponsors: MacFadden-Dier-Leonard Insurance; Silver & Collins, Attorneys at Law; Pepsi Corp of Ogdensburg; Jreck Subs; Comfort Suites; Subway; P&C Foods; Arnes Custom Printing; St. Lawrence University Brewer Bookstore

OFFICIAL RACE ENTRY FORM

Name: _____ **Sex:** M F **Age as of Dec. 31, 2006:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Event:** Fun Run 5K Walk

Entry Fee: \$10 received prior to 12/20/05; \$12 on race day

T-Shirt Size: Small Medium Large X-Large

Acknowledgment, Waiver and Release from Liability

I hereby agree to assume all responsibility for all risk of damage or injury that may occur to me as a participant in the St. Lawrence University Track team 5K Run/Walk event or while traveling to or returning therefrom. I understand that running is an extreme test of a person's physical limits and carries with it potential for injury. I certify that I am sufficiently trained and physically fit for participating in this event. I hereby for myself, my heirs, executors and assigns, release and discharge any and all sponsors of the event and its agencies and all other persons directly and indirectly associated with St. Lawrence University from all claims, damages, rights or action, present and future, whether the same be known, present or future, anticipated or unanticipated, resulting from arising out of my participation in this event.

Signature: _____ **Date:** _____

(parent or guardian must sign if under 18 years of age)

Return all entries with entry fee to:

St. Lawrence Track & Field Resolution Run, Augsbury Center, St. Lawrence University, Canton, N.Y. 13617