

**4th Annual
Doug Ellett Memorial 5K Run/Walk
For Melanoma Awareness**



**Sunday, September 18, 2011
Cohoes High School, 1 Tiger Circle, Cohoes, NY 12047**

**8:30 a.m. - Kid's Fun Run
9:00 a.m. - OPENING CEREMONY
9:30 a.m. - 5K Run/Walk**

**Entrance fees:.....Kid's Fun Run – ages 10 and under, free (no shirt included)
5K Run/Walk - Students (18& under) \$10.00
Adults (19 & over) \$20.00 by 9/4/11; \$25.00 after 9/4/11**

T-shirts:.....For the 5K Run/Walk participants who register by 9/4/11

Awards:.....Overall 1st place male and female and to the 1st place male and female in each age group: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ **No prize duplications******

**Packet pick-up.....Cohoes High School
Saturday 9/17/11 - 9:00 a.m. – 12:00 noon
Sunday 9/18/11 - 7:30 a.m. – 8:45 a.m.**



*****For Safety Reasons – no strollers, pets, or walkmans**

You may download an application at: dougellettmemorial.org, or www.ci.cohoes.ny.us, or pick up an application at Cohoes City Hall, Human Services Department.

**Make checks payable to: “Doug Ellett Memorial 5K Run/Walk”
Mail to: Jeanne Potts, 77 Arrowhead Terrace, Cohoes, NY 12047**

First Name: _____ Last Name: _____
Address: _____ City _____ State _____ Zip _____
Phone: _____ Email: _____
Gender: M____ F____ Age on Race Day _____ T-shirt size: S____ M____ L____ XL____

Indicate event: 5k Run _____ 5k Walk _____ Kid's Fun Run _____ Total amt. enclosed \$ _____

RACE WAIVER – Please read and sign: I hereby agree that by my signature below, I realize that participating in a road race is a potentially hazardous activity. I affirm that I am in good health and am physically able to participate in a sporting event such as a road race. I assume all risks associated with my participation in this event. I do hereby further agree to be responsible for and hold the City of Cohoes, New York (“City”), its successors and assigns, and Albany Running Exchange Event Productions harmless of and from all, and all manner of action and actions, cause and causes of action, suits, debts, dues, sums of money, accounts, reckoning, bonds, bills, specialties, covenants, contracts, controversies, agreements, promises, variances, trespasses, damages, judgments, extents, executions, claims and demands whatsoever, in law or in equity, which against the said “City,” its successors and assigns, I ever had, now have or which its successors or assigns, hereinafter can, shall or may have for, upon or by reason of any matter, cause of think whatsoever from the beginning of the world to the day of the date of these presents, but more specifically, that I hold the “City” allowing my participation in this Memorial 5K Run/Walk, on the 18th day of September, 2011.

**Signature: _____ Parent/Guardian _____
(if participant is under 18)**