

The Cock-A-Doodle-Shoe 5K / 10K & Kid's Snowshoe Scramble ½ Mile

Presented by **kinetic running & DION Snowshoes**

Sunday, January 19, 2020 at 10:00 AM

www.cockadoodleshoe.com

A 2020 DION Snowshoes US National Snowshoe Championship qualifying race!

- Date/Time:** Sunday, January 19, 2020
Kids run to start promptly at 10:00 AM with adults to follow directly after
- Location:** The New Land Trust, 236 Plumadore Road, Saranac, NY 12981
- Entry:** \$25 Pre-registered. Pre-registration period ends January 13, 2019
\$30 Day-of from 8:00-9:45 AM FREE for the Kid's ½ Mile (12 and Under)
Participants with a current USSSA membership take \$5 off! Membership will be verified.
There will be thermal HEADSWEATS race branded hats AND a free pair of INJINJI Performance Toe Socks for those that pre-register (limited availability)
- Loaners:** Don't have snowshoes? There will be about a dozen pair of adult loaner snowshoes available. Loaners courtesy of race sponsor DION Snowshoes (adults) and the Town of Plattsburgh Rec. Department (kids). Pre-register early AND reserve a pair.
- Benefits:** Proceeds will be split between The New Land Trust and The Epilepsy Foundation in honor of friend of the race, Joseph W. "Joe" St. Cyr
- Info:** The Cock-A-Doodle-Shoe: www.cockadoodleshoe.com and on Facebook
The New Land Trust: www.newlandtrust.org
The United States Snowshoe Association: www.snowshoeracing.com
The Epilepsy Foundation: <https://www.epilepsy.com>
- Awards:** Prizes for the top Overall F&M finishers in the 5K & 10K
All kids taking part in the Snowshoe Scramble will receive cool wooden medals
- Contact:** Jeremy Drowne 518-376-1809 or cockadoodleshoe@gmail.com

Mail **completed** entry and **check made payable to** (mail cash at your own risk):

Jeremy Drowne

267 Fiske Rd, West Chazy, NY 12992

Name _____ Age _____ DOB ____/____/____ Gender F M

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ Race (Please circle one) ½M 5k 10k

USSSA Membership # _____ Running Shoe Size _____ Need Loaner Snowshoes? Y N

Please read and sign waiver on the reverse side of this form. You will not be permitted to race if this is not done.



USSSA Standard Event Liability Waiver

I acknowledge that this athletic event is an extreme test of a person’s physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating &/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, leased, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that the Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers of the event in which I may participate, and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occur to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: The United States Snowshoe Association (USSSA), Race Organizer/Director Jeremy Drowne dba The Cock-A-Doodle-Shoe, The New Land Trust, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, USSSA sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/ or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document; and, I understand it’s content.

PARENT / GUARDIAN WAIVER FOR MINORS (Under 18 years old) The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature _____ Date _____

Printed Name _____

Signature of Parent or Guardian (If under 18 years of age)

_____ Date _____