

14th Annual

# The Dam



**SATURDAY,**  
Sept. 13,  
2014

# 4-Miler

## Walk or Run

*Sponsored by:*

### The New York Power Authority

*All money raised will go to:*

### Boys & Girls Club of Massena

**PLACE:** Event starts and ends at the Frank S. McCullough, Jr. Hawkins Point Visitors Center.

**COST:** Minimum \$20 donation on location. Long Sleeve T-Shirt for first 150 registrants.

**TIME:** Timed runners will start at 10:00am; Walkers will start at 10:15am. Rain or Shine.

**REGISTRATION:** On Race Day is 9:00am at NYPA's Visitors Center.

**COURSE:** 2 miles out and back on Robinson Bay Road.

## ... THE DAM 4-MILER ENTRY FORM ...

**REGISTER:** Pre-registration by mail (\$20 fee)

Please make checks or money order payable to:

**Boys & Girls Club of Massena**

**Complimentary Refreshments Available!**

c/o New York Power Authority • PO Box 700 • Massena, NY 13662

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: \_\_\_\_\_

Age (on race day): \_\_\_\_\_ Walk or Run (circle one) Shirt Size: \_\_\_\_\_

*Waiver: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damage I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.*

All Entrants Must Sign Name: \_\_\_\_\_

Under 18, Parent or Guardian Must Sign: \_\_\_\_\_

**Questions? Call: 315-764-0226 Ext. 304 • (8:30am-4:30pm)**  
or e-mail [karen.white@nypa.gov](mailto:karen.white@nypa.gov)