

1 6 T H A N N U A L

Dam 4-Miler

Walk or Run in Massena

Saturday, Sept. 10, 2016 Rain or Shine



Course: 2 miles out and back on Robinson Bay Road

Place: Starts and ends at the Frank S. McCullough, Jr. Hawkins Point Visitors Center

Cost: \$20 individual; \$30 2-Person Relay Team

Time: Timed runners start at 10a.m.; Walkers at 10:15

Registration: 9a.m. on race day at Visitors Center or preregister by sending in the entry form below

First 150 registrants will receive a long-sleeve T-Shirt

All money raised will go to



Sponsored by



NY Power Authority

DAM 4-MILER ENTRY FORM

Pre-Register by mail or on race day
Please make checks payable to:

MMH Foundation
c/o New York Power Authority • P.O. Box 700 • Massena, NY 13662

Name: _____

If participating as a 2-person relay team, list person's name: _____
(Second person must submit their entry form separately)

Address: _____

Phone Number: _____ Walk or Run: _____

Age on Race Day: _____ Gender: _____ 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 en route to the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed physician during the last six months. As part of the waiver I acknowledge that I have read and understood all of the above.

All Entrants Must Sign Name _____

Under 18, Parent or Guardian Must Sign _____

Questions? Call: Jill Winters, (315) 764-6841 or email Jill.Winters@nypa.gov