



Oswego
County
Hospice
Cup
Regatta

5K Run/Walk for Hope
Oswego County Hospice
Saturday, June 12, 2010
Oswego Yacht Club
8:30am Registration
9:00am Run/Walk Begins

Join us for a full day of fun after the walk!

Entertainment, Food, Drawings, Regatta Race on Lake Ontario and More!

Awards will be given for top three male and female finishers in each category for the run.

Run Categories:

Overall, 0—12, 13—18, 19—24, 25—29, 30—34, 35—39, 40—44, 45—49, 50—54, 55—59, 60+

5K Competitive Walk

Female 1st, 2nd, 3rd Place Male 1st, 2nd, 3rd Place

Registration—\$15 Non-refundable Entry Fee
T-shirt for 1st 100 Entrants

Proceeds benefit Oswego County Hospice Patients & Their Families

Register on line at www.friendsofhospice.org or www.oswegoymca.org

**Please return completed form and checks made out to Friends of Oswego County Hospice, Inc. to:
Oswego YMCA, 249 West 1st Street, Oswego, NY 13126. Call 343-5223 for more info.**

Circle: Male Female Walk Run

NAME _____

AGE _____

ADDRESS _____

PHONE _____

CITY/STATE _____

ZIP _____

Please accept my donation/sponsors of \$ _____ in addition to my entry fee.

Tee Shirt Size - Adult S M L XL 2X

No Shirt Please _____

WAIVER OF LIABILITY: I hereby, for myself and my heirs and assigns, waive any and all claims I may have against the Friends of Oswego County Hospice, Inc., Oswego YMCA, event organizers and sponsors for any and all injuries suffered by me during the event. I attest that I am physically fit and have sufficiently trained for this event and competition.

Entrant's Signature

Parent's Signature (if under 18 years of age)

