Honoring our Founder, Frances A. Pizzola

Saturday, April 25, 2020 ★ Suggett Park, Cortland, NY

Packet Pick-Up: 8:00 am (There is NO Race Day Registration)

5k start: 9:00 am ★ ½ k start: 9:15 am

- Race Fee $25
- Add Extra Donation? _________(enter amount)
- Total _________(enter amount)

Total amount due can be paid by cash, check or credit card payable to: Access To Independence of Cortland County, Inc.

Complete registrations MUST be received by April 22, 2020 or you will not be able to race!

Race Distance (circle one): 5k ½K

Tee-Shirts guaranteed to the first 100 registrants:

Adult Sizes (circle one): S M L XL

Accessibility (check all that apply):

- I use a mobility aid (cane, walker, wheelchair, scooter, etc.)
- I have a vision impairment and will come with my own guide.
- I have a vision impairment and need to be matched with a guide.
- I need an accommodation not on this list.

It is the athlete’s responsibility to maintain his/her own equipment throughout the race. Race organizers are not responsible for any accessible equipment.

All race questions may be directed to Rachel Anderson at 607-753-7363.
First name:___________________  Last name:___________________
Address:____________________  City, State, Zip Code:_________
Age on race day:__________  Date of Birth:______________
Phone Number:_______________  Email:______________
Gender:______________________  
Emergency Contact Person:_________________ Their phone:_________

Note: For participants age 17 and under, a parent or guardian must sign the waiver below. If you are age 18 and over, you must sign your own name below.

Participant Waiver for Race Registration:

I know that running a road race is potentially hazardous activity which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Access To Independence, the city of Cortland, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature:___________________  Date:___________________