

**No refunds, changes, or transfers.** One application per registrant. You may photocopy this form if you need additional entry blanks.

## WAIVER:

FOR OFFICE USE ONLY

NYRR Membership No.		Chip No. (owners only)		E-mail Address	
Last Name (ONLY ONE PERSON PER FORM)			First Name		
Race Day Age	Birth Date (month/day/year)	Sex	Day Phone		
Race Day Emergency Contact (required)		Name	Phone		
Mailing Address		PLACE MAILING LABEL HERE			
City	State (or country if not USA)		Zip Code		
Exact Name of Team					

Check if using:  a wheelchair or  a handcycle (Check only one)

I know that participating in NYRR events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls; contact with other participants, spectators, or others; the effect of the weather, including heat and/or humidity; traffic; and the conditions of the course, all such risks being known and appreciated by me. I grant to the Medical Director of this event and his designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release New York Road Runners Inc., Road Runners Club of America, USA Track & Field, the City of New York and its agencies and departments, USA Track & Field — Metropolitan, and all other sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

X \_\_\_\_\_  
Signature (or parent's signature if under 18)

### PLEASE NOTE: ALL RACES WILL BE CAPPED.

Date (Check here to enter)	Event Name	Fee	NYRR Members	NYRR Junior/Senior Members	All Non-Members
<b>Sunday, July 12 **</b> <input type="checkbox"/> 7:00 a.m.	<b>ING New York City Marathon Long Training Run #1</b> Estimated pace per mile: _____	On or before June 27 June 28-July 11 Limited race-day entries <sup>2</sup>	\$9 \$13 \$15 <sup>3</sup>	\$9 \$11 \$15 <sup>3</sup>	\$15 \$18 \$20
<b>Saturday, July 18</b> <input type="checkbox"/> 8:30 a.m. <input type="checkbox"/> TBD	<b>Run For Central Park (4M) (s) (q)</b> <b>Kids Races</b> (ages 2-12; separate application required) Estimated pace per mile: _____	On or before July 3 July 4-17 Limited race-day entries <sup>2</sup> Kids Races are \$6 in advance or \$8 on race day	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40
<b>Saturday, August 1 **</b> <input type="checkbox"/> 7:00 a.m.	<b>ING New York City Marathon Long Training Run #2</b> Estimated pace per mile: _____	On or before July 18 July 19-31 Limited race-day entries <sup>2</sup>	\$9 \$13 \$15 <sup>3</sup>	\$9 \$11 \$15 <sup>3</sup>	\$15 \$18 \$30
<b>Saturday, August 8</b> <input type="checkbox"/> 8:00 a.m. <input type="checkbox"/> 9:00 a.m.	<b>NYRR Team Championships (s) (q)</b> <b>Teams only</b> <b>Men only</b> <b>Women only</b> Estimated pace per mile: _____	On or before July 31 August 1-14 Limited race-day entries <sup>2</sup>	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40
<b>Saturday, September 12</b> <input type="checkbox"/> 8:30 a.m. <input type="checkbox"/> 9:30 a.m. <input type="checkbox"/> 10:45 a.m.	<b>Fitness Mind, Body, Spirit Games (s) (q)</b> <b>Men only</b> <b>Women only</b> <b>Kids Races</b> (ages 2-12; separate application required) Estimated pace per mile: _____	On or before August 28 August 29-September 11 Limited race-day entries <sup>2</sup> Kids Races are \$6 in advance or \$8 on race day	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40
<b>Sunday, September 20</b> <input type="checkbox"/> 7:00 a.m.	<b>NYRR Half-Marathon Grand Prix</b> <b>Presented by Continental Airlines: Queens</b> Estimated pace per mile: _____	On or before September 5 September 6-19 Limited race-day entries <sup>2</sup>	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40
<b>Saturday, September 26</b> <input type="checkbox"/> Various starts	<b>Continental Airlines Fifth Avenue Mile (s) (q)</b> Estimated pace per mile: _____	On or before September 11 September 12-25 Limited race-day entries <sup>2</sup>	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40
<b>Sunday, September 27</b> <input type="checkbox"/> 7:00 a.m.	<b>ING New York City Marathon Tune-Up (18M) (s) (q)</b> Estimated pace per mile: _____	On or before September 12 September 13-26 Limited race-day entries <sup>2</sup>	\$17 \$22 \$25 <sup>3</sup>	\$9 \$15 \$20 <sup>3</sup>	\$30 \$35 \$40

**Note: Please confirm race details including start times by checking [www.nyrr.org](http://www.nyrr.org) or calling 212.860.4455.**

(s) Scored race.

(q) Counts toward the races NYRR members as of January 2009 need to qualify for guaranteed entry to the ING New York City Marathon 2010.

<sup>1</sup> Note: Participants must be 12 years of age or older for NYRR events that are 10K and longer.

<sup>2</sup> Credit cards are not accepted after number pickup begins.

<sup>3</sup> Members must bring their NYRR membership card on race day to receive member discount.

<sup>4</sup> Only one application per participant, please.

\*All information is subject to change; please check the website for race updates, and to read more about capped races.

\*\* Dates subject to change.

### TO APPLY ONLINE (credit card payments only) [www.nyrr.org](http://www.nyrr.org)

Fax and online registration for each race will close the Tuesday prior to the race at 11:59 p.m. (or earlier if the race has sold out). Entries received after that date will not be processed.

### TO APPLY BY FAX (credit card payments only)

Complete this form with your credit card information and fax it to New York Road Runners at 917.677.8841. Please do not call to confirm receipt of fax.

### TO APPLY BY MAIL

Complete this form and mail this entry and your payment (check or credit card information) to: July-September Race Entries, New York Road Runners, 9 East 89th Street, New York, NY 10128. Entries received after a race has sold out will not be processed; fees will be returned.

**TOTAL PAYMENT \$** \_\_\_\_\_

Enclosed is my check payable to NYRR. *Improperly written checks will be returned.*

PLEASE CHARGE MY:  MASTERCARD  VISA  AMERICAN EXPRESS

Credit Card #

Expiration Date (must be October 2009 or later)  month  year

Cardholder Must Sign Here X \_\_\_\_\_

*Note that there will be no confirmation of your acceptance. Your canceled check or credit card statement is your receipt.*