



## Oswego YMCAs Hot 2K

Saturday, February 6, 2010, starting at 12:10 pm, activities for the Warm Up Oswego Festival get under way. The Oswego YMCA will be kicking it off with a Hot 2K Fun Walk or Run (1-mile non competitive event). The Fun Run will start promptly at 12:10 pm. The event will begin in front of the Oswego YMCA Armory, looping around one time, the west and east side bridges. Festive Medallions will be awarded to the 1st, 2nd and 3rd place male and female finisher. Donated by Lupien's Gift and Engraving.

Costumes are encouraged!  
Use your imagination, make it fun!  
No Entry Fee!



Information available at the  
OSWEGO YMCA - 249 W. 1st St. Oswego, NY 13126 - Phone: (315) 343-1981

2010 WARM UP OSWEGO FESTIVAL  
YMCA HOT 2K RUN REGISTRATION ~ SATURDAY, FEBRUARY 6, 2010 - 12:10 pm Start  
\*\*\* PLEASE PRINT LEGIBLY \*\*\*

_____	_____	_____	_____	_____
Name	Address	City	State	ZIP
_____	_____	_____	_____	
Phone	Emergency Contact Name	Emergency Contact Number		

### Participation Waiver

I know that running is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risk associated with running including but not limited to fall, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the Oswego YMCA, all organizations participating in the Warm-up Oswego Festival, the directors, officers, employees, agents representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Signature / Parent's Signature \_\_\_\_\_

FOR OFFICE USE ONLY: Received Date / / 10 Staff Initials: \_\_\_\_\_