

Check one: _____ 2 Person Challenge \$60-\$68 _____ Solo 10k trail run \$22-\$25

Team name: _____ (Prizes are given for original and creative names)

Slowest recent 5k race finish in the team is: _____:_____ Phone Contact: _____

Last name		First name		Last name		First name	
Race day age	D.O.B. (MM/DD/YY)	Sex		Race day age	D.O.B. (MM/DD/YY)	Sex	
Mailing address				Mailing address			
City		State		Zip		City	
State		Zip		City		State	
E-mail address				E-mail address			
T-Shirt Size S M L XL				T-Shirt Size S M L XL			
Select Team Division & Category <input type="checkbox"/> Co-ed team Male / Female <input type="checkbox"/> Male / Male <input type="checkbox"/> Female / female				<input type="checkbox"/> Police / Fire / EMS (Agency _____) <input type="checkbox"/> Military (Branch _____) <input type="checkbox"/> Masters (over 50 yrs old on race day) <input type="checkbox"/> Open (check if no other category applies)			

Waiver:

I know that participating in NYARA 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 regarding to my ability to safely complete the event. I am voluntarily entering the race 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 on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled act on my behalf, waive and release NYARA, The City of New York and its agencies and departments, all sponsors, and their respective and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this even 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 or ordinary entities to use my photographs, motion pictures, recordings, e-mail address or any other record of my participation in this event or related activities for any legitimate purpose without reservation.

X _____ X _____
(Captains Signature) (#2 Signature)

X _____ X _____
(Parent if under 18) (Parent if under 18)

Prior to 3/1/03 3/2/03 to closeout

2 person team entry \$60.00 \$68.00 (enter amount) _____
Solo 10k Trail run \$22.00 \$25.00 (enter amount) _____

Send check / money order to: NYARA Total _____
219 Wardwell Avenue
Staten Island, NY 10314-2246

To join NYARA or register for this event online go to: WWW.NYARA.ORG

The 3RD Annual NYARA
High Rock Challenge and the
High Rock 10k Trail Run
Saturday, April 26th, 2003 RAIN or SHINE

10k Start time 8 am
HRC Start times 9:30 - 10:30 am
Henry Kaufmann Campground
1131 Manor Road
Staten Island, NY 10314

What should I expect?

Expect to have fun, talk to anyone who competed in last year's event and they will tell you what a great time they had. You should also expect to be challenged, running through the woods is very different from road running. You will also be forced to run as a team, your partner's weaknesses are now yours. You will bond and work closely with your teammate and overcome five specially designed mystery challenges. Whether you're an avid runner or a race walker The NYARA High Rock Challenge will be something your wont forget for quite some time.

What should I bring?

1. E-mail team confirmation (Will be sent to captain)
2. Towel / change of clothes, and sneakers, if you plan to stay for a while and have some refreshments

2003 Registration Procedure:

1. Register online or by mailing in this application ASAP, last year's race sold out and we expect this years to do the same
2. Team captains will receive e-mail / snail mail as a reminder 2-3 wks prior to race day with additional instructions
3. In this letter you will be given an exact start time according to your slowest 5k race finish
4. Your team **MUST** show up 60 minutes prior to your start time
5. Any team not at the start when it's their assigned time may lose their slot, no exceptions
6. One competitor from each team must pick up t-shirts and numbers the Thursday night before the race
7. For your convenience pick-up locations will be in Staten Island as well as Manhattan
8. The 10k solo trail run will start at 8 am, race day registration is allowed, but the race is limited to 200 participants
9. Children's activities, food, refreshments and music will be available after the race