

## **NewRo Runners Presents**

### **The Fifth Annual Paine to Pain Trail 1/2 Marathon Sunday, October 14, 2012 Gunshot @ 9 am**

**Location:** Start: Paine Cottage (North Avenue and Broadview Avenue in New Rochelle)  
End: New Rochelle High School (across the street from the start)

**Entry fee:**

April 22 - May 31: \$45 Enthusiast's Discount, for those rearranging their schedule to run it  
June 1 – Aug 31: \$50 Standard Rate  
Sep 1 – Oct 9: \$55 Dilly-Dallyer's Rate  
Oct 10 – Race Day: \$60 Wussy Rate, last minute sign-up for those checking the weather forecast  
(if space is still available)

NewRo Runners paid members and active/veteran military take \$10 off before Sept. 1<sup>st</sup>.  
2011 volunteers take an additional \$10 off before Sept. 1<sup>st</sup>.

**Your Past Results:** To properly seed runners between wave starts, please enter your best time for 10K and longer races in 2011 and 2012 on the following page.

If you haven't raced 10K or beyond in 2011/12, leave the field blank.

**Entry includes:** Race T-shirt guaranteed to those registering by September 15th, finishers' medals (all finishers), post-race food and drink and awards for overall and age group winners.

**Pre-Race packet pick-up:** Westchester Road Runner, 179 East Post Road, White Plains.  
Friday October 12 (5-8pm) and Saturday October 13 (10am-4pm). Times subject to change.

**Race-Day packet pick-up:** Paine Cottage (race start area) from 7:00-8:30 am

**Course and other info:** This is a trail race with only three aid stations, so participants should strongly consider carrying supplemental fluids and fuel. See website for details and trail and race updates: [www.painetopain.com](http://www.painetopain.com)

~~~~~REGISTRATION FORM~~~~~

Register online at [Active.com](http://Active.com) or send completed registration with entry fee and signed waiver to:

Paine to Pain Trail Half Marathon  
c/o Matt Lewis  
70 Center Avenue  
Morristown, NJ 07960

Please make checks payable to: P gy Tq'Twppgtu

Inquiries: [MattLewis@PaineToPain.com](mailto:MattLewis@PaineToPain.com)

Parental permission required for runners under 18. Age on Race day \_\_\_\_ Male \_\_\_\_ Female \_\_\_\_

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Email (print clearly!): \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone Number \_\_\_\_\_

To properly seed runners between wave starts, please enter your best time for 10K and longer races in 2011 and 2012.

Fastest Races in 2011/12 (time ***and*** race):

10K \_\_\_\_\_

Half Marathon \_\_\_\_\_

Marathon \_\_\_\_\_

Other: \_\_\_\_\_

T-shirt size (Unisex shirts). Circle one: X-Small   Small   Med   Large   X-Large

How did you hear about the race? \_\_\_\_\_

Entry Fee enclosed: \_\_\_\_ (see above)

**See next page for waiver and required signature**

# Waiver and Disclaimer

*(We bet you've never seen a waiver and disclaimer like ours)*

I know this trail has plenty of rocks, roots, stumps and other tripping hazards. There are stream crossings with stepping-stones. The trail is narrow at times and could be crowded as faster runners overtake slower ones. (Getting excited yet?)

A faster runner might, therefore, knock me to the side, causing me to slam headfirst into a tree or get impaled on a jagged root. There might be poison ivy, ticks, bugs, bees and other woodsy things found in the great outdoors. (Is this a great waiver, or what?)

Wind and rain may create mud holes, fell trees and limbs and create hazards that race officials don't even know about. Even if they detect a hazard, I don't expect them to warn me. I'm on my own.

Vandals may swipe trail markings. I could veer off course and run straight into a horse's ass for all I know. I know I must yield to said horsies if I see them. They have the right of way. In addition, race officials may deliberately create extra hazards. Just for fun.

There are also a number of wooden catwalks, whose condition varies with their age and the weather. Those boards can become damaged in storms, or simply be jarred loose by other runners. They are also very slippery when wet. My expensive running shoes will not save me. I need to stay in the center and I won't try to pass while on them. I know there will be ample chances to pass other runners in safer spots. In other words, I'll cool my jets on the catwalks.

There are only three water stops, so it's important to carry a water bottle and any food that I want. If I get dehydrated, it could be months before my pile of vulture-picked bones are found. (Ever had so much fun reading a disclaimer?)

But even though I might get hurt or lost, I'm agreeing to all this crap because I want to run this race. I am therefore releasing and discharging all race officials, volunteers, sponsors and municipalities, as well as the rocks, roots, bugs, tree limbs, and other stuff, dead or alive, gnarly or not, that might poke an eye out or otherwise hurt me. Because I know that trail running is a high-risk activity.

I hereby certify that I am physically fit, responsible for my own actions, and have sufficiently trained for an event of this nature. In other words, I won't sue any of the people or groups responsible for this race if I get hurt. And if I am under 18, then my parent or guardian is signing this release.

I realize also that this trail has known knowns; there are things I know that I know. There are also known unknowns; that is to say, I know there are some things I do not know. But there are also unknown unknowns – there are things I do not know that I do not know. I am accepting all these risks; known and unknown.

And I'm agreeing to all of this even though it is written in plain English instead of stupid legalese.

Name (print) \_\_\_\_\_

Participant's signature \_\_\_\_\_

Date \_\_\_\_\_

Name (print) \_\_\_\_\_

Parent's signature (if under 18) \_\_\_\_\_

Date \_\_\_\_\_