

Consent and Release:

As a parent/guardian of

_____ I hereby authorize and consent to the participation of my child in the Dansville ¼ Mile Kids Run. I certify that I understand and agree that the Dansville Teachers Association and/or Noyes Memorial Hospital Auxiliary will not be responsible for any injuries that occur to the entrant prior to, during the course of, or subsequent to the Dansville ¼ Mile Kids Run.

In signing below, I agree to be bound by the above stated terms and waive and release on behalf of myself or my heirs, any and all future claims against the Dansville Teachers Association, Noyes Memorial Hospital Auxiliary, or any and all other persons, firms, or organizations involved in the sponsorship or running of the Dansville ¼ Mile Kids Run for any and all claims for personal injuries resulting from or arising out of participation in this Dansville ¼ Mile Kids Run.

Signature of Parent/Guardian Date

Before the Event What and When to Eat

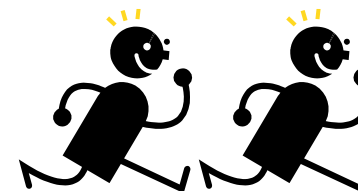
What and when you eat before competition can influence how you perform. It is also a highly individualized decision based on previous experience, physical comfort and emotional or mental considerations. In general, you should maintain a high complex carbohydrate, low-fat diet throughout the training period. Then, chose a pre-competition meal that works well for you. Include complete carbohydrates and fluids, and limit fat. Eat 2 to 4 hours prior to the event and eat familiar, carbohydrate-rich foods to avoid intestinal distress. Drink ample amounts of water, milk or juice with the meal. Substitute frequent carbohydrate-rich snacks and fluids for full meals if it makes you more comfortable. (Avoid caloric drinks up to 45 minutes before the event but do drink plenty of water).

27th Annual

Dansville ¼ Mile Kids Run

sponsored by

Dansville Teachers
Association
Noyes Memorial Hospital
Auxiliary



for kids 3 – 11 years of age

Saturday, June 1, 2019
10:00 a.m.

Dansville School Track
behind Dansville High School

DANSVILLE ¼ MILE KIDS RUN

sponsored by
Dansville Teachers Association
Noyes Memorial
Hospital Auxiliary

Saturday, June 1, 2019

10:00 am

Dansville School Track
behind Dansville High School

Age Groups:

3,4,5,6,7,8,9,10 and 11 years old

Guidelines:

- 3 year olds will run 100m
- 4 year olds will run 1/8 mile
- All others will run ¼ mile
- Medals will be awarded to the first, second, and third place boy and girl finishers in each age group
- Every participant will receive a ribbon
- All runners will receive a ¼ Mile Kids Run t-shirt compliments of the race sponsors
- **Entry fee - \$5.00**

THERE WILL BE NO REGISTRATIONS
ON
RACE DAY!!

- Pre-registration for the Kids Run is the only way a child may compete in the race. There will be no day of race registrations.
- Consent and release must be signed by parent/guardian.
- Your entry packet (including t-shirt and race number) will be available after 9:15am the morning of the race.
- A first-aid station will be provided.
- Registration forms will be accepted until May 22, 2019.
- Complete a separate entry form for each child. (The entry form may be copied).
- Please make checks payable to Noyes Memorial Hospital Auxiliary.
- Return the completed entry form(s) with payment by mail to :
Noyes Memorial Hospital
Attn: Auxiliary ¼ Mile Kids Run
111 Clara Barton St.
Dansville, NY 14437
- Or drop off at offices of:

Dansville Primary School
Dansville Elementary School

REMEMBER TO FILL OUT THE
CONSENT
FORM ON THE BACK OF THIS
PAGE

Registration Form

Children must have signed parental permission to enter the race. All children under age 8 must be accompanied by an adult.

Child's Name

Address

City, State, Zip

Telephone:

_____ Boy _____ Girl

Child's age on the day of the race:

T-shirt size (please check one)

_____ Youth 10 – 12
_____ Adult small
_____ Adult large