



Scot Trot 5K

Proceeds to benefit American Foundation for Suicide Prevention

Date: Sunday, May 21st, 2023

Time: 10-1

Start Location: Argyle CSD

Entry Fee: \$20

Check in: Starts at 9:00 AM race day at the school parking lot

Last name: _____

First name: _____

Street address: _____

City: _____ State: _____

Age on Race Day: _____ Gender: _____

Email: _____

Parent contact information (if under 18) _____

Shirt size: S M L XL Phone : _____

Drop off/mail to: Argyle Central School 5023 State Route 40, Argyle, NY 12809

WAIVER:

I know that running a road race is a potentially hazardous activity. I hereby attest that I am medically able and properly trained to run. I agree to abide by any decision of a race official relative to my participation and my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falling, contact with other runners, traffic, weather, mud, wind, and road conditions, all such risks being known and appreciated by me. I, for myself and anyone entitled to act on my behalf, waive and release the Argyle Central School District and its employees, town and village of Argyle, Washington County, sponsors, volunteers and officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Further, I consent and give permission to use my likeness in photographs, records, motion pictures, recordings or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature: _____ Date : _____

Signature of Parent (if under 18) _____

The Route



The race will head left from the school lot then right on Kinney. From there, you will take another left on Main St. until you hit State Route 40. Take a left on that then you're back to the parking lot and victory.