



2009 EMPIRE STATE WINTER GAMES 5K SNOWSHOE RACE INFORMATION

What are the details?

- * Participants must be residents of New York State, or students enrolled in a NYS School.
 - * The first 100 qualified 5K racers at bib pickup at the final race in Lake Placid will receive an ESG ski cap. Note: one ski cap per person.
 - * The 5K final will be held at 1pm on Sunday, February 22 at the Olympic Sports Complex Biathlon Center at Mt Van Hoevenberg.
 - * Medals (1st/2nd/3rd) will be awarded to the overall winners (male & female) and age-group winners.
 - * There is no entry fee for the final race in Lake Placid, however racers must be registered members of the Empire State Snowshoe Racing Association.
 - * For additional information you may email: nordicsnowshoe@yahoo.com, call the Empire State Games office at 518-474-8889 or visit the Empire State Snowshoe Racing Association website at www.empirestatesnowshoe.org
 - * Qualified racers are permitted to purchase an ESG Sweatsuit during ESG Registration hours in Lake Placid, February 20 & 21. Visit the ESSRA website for details.
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How do I Qualify?

1. You must complete in at least one 5K snowshoe race at a designated Empire State Games Snowshoe Qualifier. Qualifying race dates and locations are listed on the ESSRA Web site at www.empirestatesnowshoe.org.
 2. This entry form must be completed and returned to the address indicated below so it is **received** by 5pm on Tuesday, February 10, 2009.
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Where do I send the form?: On the entry form (next page) complete the personal history information, check the age group you wish to enter, indicate your qualifying race, sign the waiver and return to:

**Empire State Games Snowshoe 5k
1 Empire State Plaza
Albany, NY 12238**

Forms may also be faxed to the Games office at: 518-474-7944

Please do not *both* fax *and* mail your form!

Please remember to sign the waiver!!

REMEMBER! Entries close at 5pm Tuesday, February 10, 2009. If your entry is not received by that time it will not be accepted. Post entries will NOT be permitted.

2009 EMPIRE STATE WINTER GAMES 5K SNOWSHOE ENTRY

Please complete the 4 parts below, and return by 5pm February 10, as indicated on attached page.

1 Participant Information - PLEASE PRINT

NAME _____
(Last) (First) (Middle)

ADDRESS _____ County _____

CITY/STATE _____ ZIP _____

PHONE: () _____ EMERGENCY CONTACT PHONE: () _____

SEX (circle): M F || DATE OF BIRTH: ____/____/____ || Email: _____
Month/ Day/ Year

Note: Age for each division is your age as of December 31, 2008.

2 Please check the division you wish to enter (Check ONLY ONE):

Open (ages 18 to 29) **Scholastic** (ages 12 - 17)

Masters (please check age group):

Masters I: 30-39 Masters II: 40-49 Masters III: 50-59
 Masters IV: 60-69 Masters V: 70+

All applicants - please answer:
My age on December 31, 2008 will be: _____

3 Please indicate the location and date of the race at which you qualified (subject to verification):

4 Waiver Must be signed

ELIGIBILITY WAIVER

I the undersigned agree to the following requirements of eligibility set forth by the Empire State Winter Games. By signing this waiver I understand that the Empire State Winter Games have the right to remove me from competition if they find sufficient evidence that I do not meet the following eligibility requirements.

1. I am a permanent resident of New York State or I am enrolled full time in a New York State School.
2. I understand that I can be denied participation if I cannot show sufficient proof of residency or a current photo ID.
3. I have attended and completed the ESG qualifying 5K snowshoe race as listed on this form.
4. I understand I am responsible for all medical costs that may be incurred during my participation in the Empire State Winter Games.
5. I have read and understand the rules and code of conduct on the Empire State Games website (www.empirestategames.org).

WAIVER & MEDICAL RELEASE

I the undersigned, hereby release and forever discharge any and all rights and claims for damages, including any claims, for loss, damages or injury to my person or property arising out of the performance or failure of performance of the State of New York, the New York State Office of Parks, Recreation, and Historic Preservation, the owner of the site of regional and/or finals competition I may be competition in, or the respective officers, agents, representatives, successors and/or assignees of the parties named above, from any and all claims, demands and liability of every kind and nature, legal or equitable occasioned by or arising out of my participation in the competition known as the Empire State Games.

I recognize the challenges of the event (s) in which I have chosen to participate and I assume all risks of personal injury or death in connection therewith. I attest that I am sufficiently physically fit to participate safely therein, and that I have not been advised otherwise by a qualified medical person. I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Empire State Games in any manner incidental to my participation in the Empire State Games and without compensation to me.

I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of emergency. I also authorize the attending medical person to execute on my behalf any permission forms and other appropriate medical documents on my behalf if I am not immediately available to do so. I understand that I am responsible for any charges incurred by me for medical treatment.

I hereby agree that if I am selected to compete at the Finals, I will abide by the Empire State Games Rules and Code of Conduct as stated on the Empire State Games website and if failing to do so, will abide by any penalties as stipulated by such.

Participant's Signature

Date

Parent/Guardian Signature if participant is under 18 years of age

Date