

# GREAT BONAC FOOTRACES

33rd  
Anniversary

## 5K RUN/WALK & 10K RUN

Labor Day, Monday, September 6, 2010  
10K 9:00 A.M.; 5K 9:20 A.M.

**Entry Fee: \$25.00 Adult; \$15.00 Age 12 & under or 65 & over;**  
\$30/\$20 Race Day; \* Awards \* Refreshments \* T-Shirts \*

Name \_\_\_\_\_

Address \_\_\_\_\_

Email: \_\_\_\_\_

Age \_\_\_\_\_ D.O.B. \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_ 10K Run \_\_\_\_\_

WAIVER & RELEASE: In consideration of your accepting my entry to the Great Bonac Footraces, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damage I may have against the Town of East Hampton, the Springs Fire Department and the Old Montauk Athletic Club, their employees, agents, officers, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in this event, or as a result of my travel to and from the competition, or if signing as guardian waiver and release same on behalf of my charge. I authorize the event personnel and their agents permission to request emergency medical treatment or care as necessary to insure my well being or my charge's, if signing as guardian.

Signature \_\_\_\_\_

**"Most beautiful race in Springs"**

**Benefiting The Springs Fire  
Department's Scholarship  
Fund &  
The Old Montauk Athletic  
Club's Grants Program**

**Make check to "Great Bonac-  
2010" & Mail by August 27th to:  
SPFD-Great Bonac Races  
179 Fort Pond Blvd.  
East Hampton, NY 11937  
Or apply online at:  
**active.com****



**START & FINISH near and at Springs Fire Department, 179 Fort Pond Blvd.,  
East Hampton, New York - In The Hamlet of Springs**

<http://www.omaclub.org> or <http://www.springsfd.org>