



THE "GO HARD OR GO HOME" 4MILE/8MILE CHALLENGE!

Sunday:

December 16th 2012 at 10am!!

Sammy Lazhir, a natural born runner that loved the sport. We had the pleasure of running with him. We had the pleasure of knowing Sammy Lazhir. He worked at his running, and his running took him to places that other kids from the neighborhood could only imagine. During his quest, he was offered a spot on the freshman Neosho County College cross country track team. Immediately Sammy began training, racing, and competing with his new found teammates as all great runners do. Two years ago, Sammy, in support of his teammates went to a cross country meet to cheer on and motivate his fellow runners. On his way back from the meet, the vehicle Sammy was riding in was struck by an 18 wheeler. We come together to Run Where Sammy Ran and pay tribute to a local legend embracing his training and racing principle:

GO HARD or GO HOME!

● AWARDS ● REFRESHMENTS ●

FIRST 100 GET RACE TEE SHIRT

Race COURSE:

There will be two separate races, a 4 mile and an 8 mile run. Choose your distance wisely! Race start and finish will be along the famed Shore Road Promenade. We will use the Shore Road Park Entrance (7901 Shore Road, BKLYN, NY 11209) and walk over to the race site which will be along the Shore Road Promenade. This will be a one loop for the 4 mile race and a two loops for the 8 mile race running on the Famous Shore Road Promenade circling between the 69th Street Pier and the World Famous Verrazano Bridge. So come out and be prepared to Go Hard or Go Home!!

ENTRY FEE:

| | |
|-----------------------------|-----------------------------|
| 8 MILE RACE: \$35 | 4 MILE RACE: \$25 |
|-----------------------------|-----------------------------|

MAKE CHECKS PAYABLE TO:

Trimara Inc.

MAIL TO:

TRIMARA INC.

**6019 NEW UTRECHT AVE
BROOKLYN, NY 11219**

REGISTER ONLINE AT

TRENDURANCESPORTS.COM OR

RACE DAY: 8:30AM TO 9:30AM AT THE RACE

RACE SPONSORING INFO/VOLUNTEERING:

917-751-4416

MIKE@TRENDURANCESPORTS.COM

The Go Hard or Go Home 4mile/8mile Challenge! Sunday, December 16th, 2012

| | | | |
|--------------------------------------|---------------|-------------------|--|
| Last Name | | First Name | |
| Mailing Address | | | |
| City | State | Zip Code | |
| E-mail Address | | | |
| Age | Gender | Phone # | |
| Race Choice: 4mile _____ 8mile _____ | | | |

I the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages for death, personal injury, or loss of property I may have or which may accrue to me as a result of my participation in the Go Hard or Go Home 4mile/8mile challenge. I, the undersigned, discharge and release all other sponsoring agencies, businesses and organizations, including T&R Endurance Sports and Trimara Inc, and their respective agents, boards, commissions and any other involved municipalities, and employers and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in this event, whether or not caused out of or connected in any way with my participation in this event, whether or not caused by the negligence of any of the above parties. I acknowledge that running contains risks, including the risks of falling, collision with other people, vehicles or stationary objects, and the conditions of the road. My participation is voluntary and is undertaken at my own risk, I voluntarily assume all risk of loss, damage or injury that may be sustained while participating in this event. I attest that I am sufficiently trained for the completion of this event. I recognize that an event of this nature can be physically demanding. I understand that serious accidents occasionally occur during running and that participants in this event may sustain fatal or serious injury as a consequence thereof. Nevertheless, I agree to assume these risks and to release and hold harmless all of the persons mentioned above who might otherwise be liable to me for damages. I agree to abide by the rules of the event as established by the promoting organization and to obey the directions of the officials. I hereby grant full permission to use photographs, videotapes, motion pictures, or any other record of this event including my name, likeness and voice for any legitimate purpose and I have voluntarily executed this agreement.

Signature: _____ Date: _____

Guardian Signature (under18years): _____