

# The Arc Otsego

9th ANNUAL HOT COCOA 5K RUN & 1K WALK, RUN & ROLL  
NOVEMBER 5, 2023 NEAHWA PARK ONEONTA, NY  
5K, 1015 A.M. 1K, 9:30 A.M.



Making life sweeter for people with developmental disabilities

## MAIL-IN REGISTRATION

- To be guaranteed a t-shirt, registration must be received by 4pm on September 25, 2023
- Registration must be received by 4pm on October 27, 2023
- Cost: 5K: \$25 1K: \$15 (Children under 5 are free; t-shirt not included.)
- Commemorative mug: \$5 pre-order only; a limited number will be available on race day.
- For more information, please visit [www.arcotsego.org](http://www.arcotsego.org) or call 607-433-8427.
- Please make checks payable to The Arc Otsego. Mail completed registration to:  
The Arc Otsego, PO Box 490, Oneonta, NY 13820. ATTN: Hot Cocoa—Faith Tiemann

- Hot Cocoa 5K Run (\$25)     Hot Cocoa 1K Walk, Run & Roll (\$15)     Mug (\$5)  
 Membership in support of The Arc Otsego (\$10)

Total Enclosed \$ \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

DOB (month/day/year) \_\_\_\_\_ Age on race day \_\_\_\_\_ Gender  M  F  NB

T-shirt: Youth sizes have short sleeves, and adult sizes have long sleeves. (Please circle size.)

YOUTH:  S  M  L  XL

ADULT:  S  M  L  XL  XXL  3XL  4XL

How did you hear about the race? (Please circle.)

Email    Facebook    Friend    Flyer    Radio    Newspaper    Arc Otsego Website    Other

**Waiver: Registration cannot be processed without a signed waiver.**

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the event and sponsors, coordinating groups and any individuals associated with the event, their representatives and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings or any other record of this event for any legitimate purpose. I agree to the waiver and that I am 18 or older, or that I have the authority to register these participants and agree to the waiver for them.

Signature \_\_\_\_\_

Date \_\_\_\_\_