



**“FOR THEM”  
5K RUCK MARCH,  
BAND BASH & BBQ**

**SEPTEMBER 25, 2021 9AM-5PM BAND SHELL @ HICKORIES PARK OWEGO, NY**

Tioga County Veterans' Service Agency invites you to Ruck to raise awareness about veteran suicide and honor the memory of those who have been lost to the “War Within”. Registration for this event is required!

**CHECK-IN IS AT 9AM, RUCK AT 10AM, BAND BASH & BBQ BEGIN AT NOON**

For more information or to register:  
call 607-687-8228 or email [veterans@tiogacountyny.com](mailto:veterans@tiogacountyny.com)

**“FOR THEM”  
5K RUCK MARCH  
“We Ruck For Them, Because They Can’t!”**

**REGISTRATION FORM**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Contact Phone/Email \_\_\_\_\_  
Veteran (Y/N) Parent(if under 18) \_\_\_\_\_

**WAIVER AND CONDITIONS – PARTICIPANT AGREEMENT:**

**I hereby waive all claims against Town of Owego, Tioga County and Tioga County Veterans’ Service Agency and their employees for any injury I might suffer during this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of myself for the purpose of event promotion both now and in future.**

\_\_\_\_\_  
Signature(Parent/Guardian if under 18)

Return completed forms to Michael Middaugh via email: [veterans@tiogacountyny.gov](mailto:veterans@tiogacountyny.gov) or mail to: **Tioga County Veterans’ Service Agency PO Box 84 Owego, NY 13827, NO LATER THAN September 22, 2021**