

The First Annual Highland Mills Fire Company Firecracker 5K
5K Cross-Country Run • 5K Walk
Saturday, July 3, 2010 9:30 AM Rain or Shine
All monies raised will fund annual scholarships and help to defray cost of fireworks

Start and Finish: Monroe-Woodbury School Track (Central Valley). Located behind the Central Valley Elementary School at 9:30 AM.

Race Course: 5K Cross-Country Run and 5K Walk. Traffic-free. Water, first-aid stop and computerized timing.

Registration: For either 5K Cross-Country Run or 5K Walk, a \$20 entry fee received by June, 18, 2010; \$25 on race day. Make checks payable to: HIGHLAND MILLS FIRE COMPANY Mail to: 4 Regina Drive, Highland Mills, NY 10930. For information, call (845) 926-1994 or email cbb5@hotmail.com. Race packet pick-up and day of race registration from 7 AM to 9 AM at the Monroe-Woodbury School Track.

Awards: T-shirts for all entrants. Medals to top three male and female finishers in each group in 5K Run and medals for overall male and female in Walk.

Directions to the Monroe-Woodbury School Track, Central Valley, NY:

From NY City - Take NYS Thruway North to Exit 16 (Harriman). After toll – Exit #131 (Central Valley). At light proceed straight over Route 32. Field is on right side.

From NJ - Take Route 17 North to NYS Thruway North (Albany) to Exit 16 (Harriman). Then follow as above.

From Palisades Parkway - Exit 18 – follow Route 6 West – Exit at Central Valley. Make a right at light – at 3rd light make a left. Track is on right side.

Please fill out form, detach, include check and mail to: Highland Mills Fire Co. Firecracker 5K, 4 Regina Dr., Highland Mills, NY 10930

Race Application

Check One: <input type="checkbox"/> 5K Walk <input type="checkbox"/> 5K Cross-Country Run

Name _____ (_____) _____
 (Please Print) Last First Telephone

Address _____
 Street Apt. No.

City/State/Zip _____ Email _____

Sex: M F Age on Race Day ____ Birth Date __/__/__ Adult T-shirt Size S M L XL XXL

Register Additional Family Members Here ▼ -----

1. Name _____ M F Age (on Race Day) ____ Birth Date __/__/__ Adult T-shirt Size S M L XL XXL

2. Name _____ M F Age (on Race Day) ____ Birth Date __/__/__ Adult T-shirt Size S M L XL XXL

3. Name _____ M F Age (on Race Day) ____ Birth Date __/__/__ Adult T-shirt Size S M L XL XXL

4. Name _____ M F Age (on Race Day) ____ Birth Date __/__/__ Adult T-shirt Size S M L XL XXL

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against the Town and Village of Woodbury, the Woodbury Police Department, the Monroe-Woodbury School District, the

Highland Mills Fire Company, the Woodbury Fire Department, and any and all unnamed businesses, governmental offices, sponsors and volunteers, their representatives and successors for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for this event and my physical condition has been verified by a licensed Medical Doctor.

Signature _____

Date _____

Parent's Signature
 (if under 18 years of age) _____

Date _____