



5K Run/Walk to Benefit Tuition Assistance
Saturday, September 25th, 2010
(Rain or Shine)

Location: Chestnut Ridge, NY 10977 (closest address to start line – 14 Capricorn Lane)

Parking @ Chestnut Ridge Middle School, Registration and start line at Capital Park Ullman & Capricorn Lane. Shuttle buses from parking to start line.

Schedule: 7:15AM Registration
7:30am Stretch with New York Sports Club
8am 5K Run/Walk
9:45am – Awards Ceremony

Prizes for top runner in each category.

Male/ Female/ Best Corporate Team/ Youth under 16.

Fees: 5K Registration \$25 per person / \$70 per family

Jogging strollers welcome, but please note that part of the terrain includes gravel.

COMPLIMENTARY T-SHIRTS/ Bags FOR FIRST 200 REGISTRANTS

Course: Enjoy the beauty of Chestnut Ridge! Run through lovely wooded neighborhoods, Duryea Farm, and the Fellowship Community.

Certified: USATF NY10502JHP

Registration: <http://www.gmws.org/development/5K2010.aspx>

Results by: BestRace.com

**Checks may be made out to GMWS and mailed with application Attn: Katie Burns
GMWS 307 Hungry Hollow Road Chestnut Ridge, NY 10977**

Name: _____ Email: _____

Age: _____ M/F _____ Walker/Runner _____

Address: _____ City: _____ State: _____ Zip: _____

Waiver,

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, and anyone entitled to act on my behalf, waive and release the Green Meadow Waldorf School, all race volunteers, organizers, sponsors, their representatives, employees and successors from any claims, responsibilities and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18 parent/guardian must sign) _____