

## Important!!!

Please Read and Sign.

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive any claim that I have against the sponsors, race coordinators or their representatives, successors or assignees; Middletown High School or their representatives; and the City of Middletown and their representatives successors or assignees for injury that may be suffered by me in this event. I certify that I am in good physical condition for this event.

By participating in this event I, my executors administrators or assigns do hereby release and discharge the Sweener 5K race directors from any liability arising from the use of participant's photograph(s) and I expressly agree to allow the Sweener 5k directors to use my photograph(s) in connection with any future advertisement of this event out any compensation or remuneration.

Signature \_\_\_\_\_

Print

Name \_\_\_\_\_

### Awards



Medals will be awarded to:

Top 3 overall male finishers and top 3 overall female finishers, as well as for the top 3 14 & under.

# 2nd Annual Sweener 5K Run/Walk



**Sunday September 18, 2011  
At Middletown High School**

Originally organized by  
Linda Knapp  
& Kevin Sweeney



The Sweener 5k was started by local runner Kevin Sweeney, a Psychology student at SUNY Old Westbury. On July 10, 2009, he was diagnosed with Acute Lymphocytic Leukemia, after extensive blood testing.

Months prior to his diagnosis he displayed only slight warning signs of fatigue; which he it shook off as basic tiredness from his intense training regimen in preparation for the Chicago Marathon, his second marathon.

Kevin underwent chemotherapy treatments for over a year, including receiving a stem cell transplant from his brother, Ken. The disease was too aggressive returning twice. On November 7th, 2010, Kevin finally lost his battle with Acute Lymphocytic Leukemia.

The Sweener 5K continues again this year; to remember Kevin Sweeney and his passion for running, to raise awareness about Acute Lymphocytic Leukemia, as well as fund a scholarship for a graduating MHS cross-country athlete.

Thank you for your support of the Sweener 5K!

**Any Questions???**

Please contact Linda Knapp by  
E-mail: JKLK119@yahoo.com

## CHECK IN & RACE DAY REGISTRATION

8:30A.M. Check In and late registration begin near concession stand at MHS Track..

9:30 A.M. Late Registration ends while Check In continues until start of race.

10:00 A.M. Race and Walk begin

11:00 A.M. Post race/walk BBQ begin

11:30 A.M. Awards Ceremony

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## The Race

The course will take place on and around the Middletown High School campus and will have the final stretch to the finish line on the newly constructed track.

The course design is thankfully attributed to George Shurter and Wayne Beam.

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## Directions to Middletown High School

### From the Thruway:

Take the New York State Thruway to exit 16 (Harriman). Proceed north on Route 17 to exit 120. Turn left at the traffic light at the end of the ramp. Proceed west on Rout 211 to the 5th traffic light. Turn left at the traffic light onto Carpenter Avenue. Look for the Y-shaped driveway on your right and a stone monument with MHS on it. Turn Right on the driveway and proceed to parking.

### From the North:

Head South on Route 17 and take exit 120. Take the ramp onto route 211 and follow the same directions mentioned in the above directions from the Thruway.

### From the East and West:

From Route 84 take exit 4W (Binghamton) onto Route 17. Proceed approximately 1/2 mile to exist 120 and follow the previous once turning onto Route 17.

# The Sweener 5K Race/Walk

**Race/Walk fees:** \_\_\_\_\_ - \$20.00 until the day of the race/walk. No Late fees.  
- \$15.00 for Orange Runners Club Members and New York Road Runner Members  
- \$5 Children under 14 accompanied by an adult  
- The first 100 registrants will get a Sweener 5K T-Shirt  
- All Participants and volunteers are welcome to the post race BBQ  
- Please make checks payable to: THE SWEENER 5K  
P.O. BOX 3023  
MIDDLETOWN, NY 10940

**Date:** Sunday September 18, 2011 at the Middletown High School

**Distance:** 3.1 miles (This is not a USTFA certified course, but is measured to the best of our ability.)

**Starting Time:** Runners and Walkers start at 10:00A.M.

**Participants Information below:** Please Print Clearly and mail by September 13th to:

THE SWEENER 5K  
P.O. BOX 3023  
MIDDLETOWN, NY 10940

Name: \_\_\_\_\_ Gender (circle one) M F

Address: \_\_\_\_\_

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

Telephone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Entering as (circle one) Runner Walker T-Shirt Size (circle one) S M L XL  
(Sizes cannot be guaranteed)

Running Club or High School Team: \_\_\_\_\_

Children under 14 with adult (\$5 each) \_\_\_\_\_ # of children

For Donations Only: Please Make Checks payable to "THE SWEENER 5K"  
P.O. BOX 3023  
MIDDLETOWN, NY 10940