

The Second Annual Highland Mills Fire Company Firecracker 5K
5K Cross-Country Run • 5K Walk • Kids Fun Run
Saturday, July 2, 2011 8:30 AM

Start and Finish: Start behind Monroe-Woodbury Middle School at 8:30 AM. Finish at High School Track (located behind the Central Valley Elementary School).

Race Course: NEW 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 \$25 entry fee received by June 26, 2011; \$35 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 8 AM behind the Monroe-Woodbury Middle School on Dunderberg Road.

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

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 2nd light make a left. Track is on right side.

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 <input type="checkbox"/> F <input type="checkbox"/> | Age (on Race Day) _____ | Birth Date __/__/__ | Adult T-shirt Size S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> |
| 2.Name _____ | M <input type="checkbox"/> F <input type="checkbox"/> | Age (on Race Day) _____ | Birth Date __/__/__ | Adult T-shirt Size S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> |
| 3.Name _____ | M <input type="checkbox"/> F <input type="checkbox"/> | Age (on Race Day) _____ | Birth Date __/__/__ | Adult T-shirt Size S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> |
| 4.Name _____ | M <input type="checkbox"/> F <input type="checkbox"/> | Age (on Race Day) _____ | Birth Date __/__/__ | Adult T-shirt Size S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> |