



# Wheezers & Geezers 4-Mile Race

**Day:** Wednesday

**Date:** September 19, 2012

**Race Time:** 6:00pm

**Race Location:**  
Chadwick Lake Park  
Town of Newburgh  
(Intersection of Rt. 32 and Rt. 300)



**Pre-Registration** =\$15  
**Day of Race**= \$20  
(check-in 5:00-5:45pm)

**Age Groups:**  
(Men & Women)  
50-54, 55-59, 60-64,  
65-69, 70-74, 75-79,  
80-84 & 85+

**In conjunction with the 29<sup>th</sup> Annual Orange County Senior Games.**

- Race exclusively for senior runners and walkers
- Course will follow a well groomed and hard packed trail running around the lake
- 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medallions for top men & women runners in each age group
- Medallions to top five male and female walkers
- Trophy to overall winner (male & female)
- Senior Games T-Shirt to each participant.
- Refreshments after race
- Registration fee includes eligibility to other Senior Games events

**Race Directors:** Spero Chumas (Newburgh Road Runners) 895-2760 [scny42@aol.com](mailto:scny42@aol.com)  
Tom Quinlisk(OC Parks Dept.) 457-4910 [tquinlisk@co.orange.ny.us](mailto:tquinlisk@co.orange.ny.us)

-----cut along line-----

NAME \_\_\_\_\_ AGE AS OF 9/19/12 \_\_\_\_\_ E-Mail \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_  
*please check one* *please check one*

ADDRESS \_\_\_\_\_  
*# and street* *Town or City* *Zip*

*Waiver: I know that there is risk in any program involving physical exercise or competition. I certify that I am physically fit to participate in Senior Games, events and competitions. I agree to assume all responsibility for all risk, damage, or injury that may occur to me as a participant in the Senior Games. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, or exclusive television coverage of the Senior Games, without compensation to me. I hereby, for myself, my heirs, executors and administrators release and discharge the County of Orange, its employees, agents, agencies and sponsors and all persons associated with the Senior Games from all claims, damages, right of action, present or future, which might arise in connection with my participation in the Senior Games.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please sign and return completed entry form along with \$15 fee by 9/12/11 to:

ORANGE COUNTY DEPARTMENT OF PARKS  
ORANGE COUNTY SENIOR GAMES  
211 ROUTE 416  
MONTGOMERY, NY 12549

**\*\*\*Checks payable to HVSLA\*\*\***