

Yes We Can 5K Run/Walk

Wednesday, June 29, 2011

for the Food Bank of the Hudson Valley

Red Hook High School

5:00 pm - 6:00 pm - Registration at Track

6:15 pm - 5K Run/Walk

Awards for all age groups

All applicants automatically entered into a raffle for prizes!

Pre-Registration (by June 10):

Adults: \$15

Students: \$10

Race Day:

Adults: \$20

Students: \$15

Checks made payable to: Yes We Can 5K.

All proceeds will be going to the Food Bank of the Hudson Valley. All collected items from the food drive at the race will go to the Food Bank of the Hudson Valley as well.

Please direct all questions to: yeswecan5k@live.com

Mail applications to: 285 Fraleigh Lane/ Red Hook, NY 12571

<http://yeswecan5krace.webs.com>

Print Name: _____

Street Address: _____

City/State/Zip Code: _____

Email: _____

Phone Number: (_____) - _____ - _____

Age: _____ Sex: _____ Date of Birth: _____

Circle t-shirt size: YL S M L XL

Circle Race: 5K Run 5K Walk

T-Shirts guaranteed to all pre-registered applicants.

In consideration of your acceptance of my entry, I, the undersigned, intending myself to be legally bound, for myself, my heirs, executors, administrators, and assigns waive and release any and all claims for damages I may have against the sponsors, Red Hook Central School District, the Town of Red Hook, the Village of Red Hook, the Recreational Park of Red Hook, race officials, their representatives, successors, and all persons or entities involved in the promoting or staging the race, arising out of all injuries suffered by me while participating in the Yes We Can 5K.

Signature: _____ Date: _____

Parent/Guardian's Signature (if under 18): _____

