



# Forestburgh 5K Run/Walk

FORESTBURGH 5K RUN/WALK ENTRY FORM AUGUST 17, 2013

Make check payable to: Hospice of Orange and Sullivan Counties, Inc and mail to:

Forestburgh 5K Run/Walk, c/o Hospice of Orange & Sullivan Counties

PO Box 26, Forestburgh, NY 12777

Entry fee \$18(\$20 on race-day), Children 10 and under FREE

Name(last): \_\_\_\_\_ (first): \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age(race-day): \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Sex: male \_\_\_\_\_ female \_\_\_\_\_ Run \_\_\_\_\_ Walk \_\_\_\_\_ Grand Prix Entrant \_\_\_\_\_

T-shirt size(circle): S M L XL

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AGREEMENT (PLEASE READ CAREFULLY) In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims I may have relating to this 5K event, against Hospice of Orange and Sullivan Counties, Inc., Lake Joseph H.O.A., Republic Lake Joseph, The Inn at Lake Joseph, Town of Forestburgh, the 5K Race Committee, the Hudson Valley Grand Prix, the 5K race volunteers and any and all sponsors, their representatives, successors, assigns, employees, members. I have been advised that a portion of the course is off road with an uneven surface and I specifically assume the risk of running on such a surface. That I will participate in this event as a foot entrant, that I am physically fit and have sufficiently trained for the completion of this event, whichever I hereby apply for or both if I so choose, and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Saturday August 17, 2013

8:30 AM

A Timed 5K Race To Benefit:

Hospice of Orange &

Sullivan Counties

Directions from Monticello:

Go 3.7 miles past Monticello High

School on Rt.42 South. Make left at

sign for "Lake Joseph". Race starts

at intersection of

Lake Joseph Rd. and Adam Rd.

(USATF #NNY12129JG)

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

Parent signature(if under 18 years of age): \_\_\_\_\_

**All participants in run/walk must sign release and waiver! No refunds, exchanges or transfers**



HUDSON VALLEY GRAND PRIX

T-Shirts: Given to the first 150 registrants

Awards: Top three in each age group(only runners)

Proud Participant of the 2013 Hudson Valley

Grand Prix 5K Series!