

# 9<sup>th</sup> ANNUAL

## LAURA GIORDIANO MEMORIAL 5K RUN/WALK

SPONSORED BY SHAWANGUNK C.F. EMPLOYEE RECREATION COMMITTEE TO BENEFIT  
**THE AMERICAN BREAST CANCER FUND**



**FRIDAY, AUGUST 8, 2014**

**RACE/WALK START - 6:00 PM SHARP - WALLKILL/SHAWANGUNK CLUBHOUSE**  
200 BIRCH RD., WALLKILL, NY 12589

### REGISTRATION:

**\$25.<sup>00</sup> PRE-REGISTER by JULY 23<sup>rd</sup> w/payment & receive a free T-shirt**

**\$25.<sup>00</sup> DAY OF RACE - REGISTRATION: 4:30 - 5:30 PM - AT THE CLUBHOUSE**

### AWARDS:

⇒ OVERALL MALE & FEMALE IN RUN & WALK

⇒ 1<sup>ST</sup> THREE FINISHERS IN EACH AGE GROUP

⇒ *Special Awards to the 1<sup>ST</sup> MALE & FEMALE SHAWANGUNK C.F. EMPLOYEE FINISHER IN RUN & WALK*

**CHILDREN'S FUN RUN \$2.<sup>00</sup> - REGISTER DAY OF THE RACE - PRIZES TO ALL PARTICIPANTS**

**FREE BBQ FOR ENTRANTS AFTER THE RACE - - - ALL OTHERS \$10.<sup>00</sup>**  
**Hamburgers / Hot Dogs / Salad / Soda / Beer / Wine**

RACE DIRECTOR: SPERO CHUMAS E-MAIL: SCNY42@AOL.COM PHONE: 845-895-2760  
RACE COORDINATOR: VICKI RIZZO E-MAIL: VICTORIA.RIZZO@DOCCS.NY.GOV PHONE: 845-895-2081 (EXT. 4101)

**FOR APPLICATION: REQUEST BY E-MAIL & WE WILL E-MAIL YOU BACK AN APPLICATION**

**CHECK OR MONEY ORDER PAYABLE TO:** SHAWANGUNK RECREATION COMMITTEE  
**MAIL TO:** SHAWANGUNK CORRECTIONAL FACILITY  
ATTN: VICKI RIZZO, IRC  
PO Box 750, WALLKILL, NY 12589

YOUR SIGNATURE WILL INDICATE YOUR ACKNOWLEDGMENT THAT NEITHER SHAWANGUNK NOR WALLKILL CORRECTIONAL FACILITIES WILL BE LIABLE FOR ANY INJURIES SUSTAINED DURING THIS EVENT.

**NAME:** \_\_\_\_\_ **MALE ( ) FEMALE ( )** **AGE** \_\_\_\_\_  
PRINT NAME DAY OF RACE  
**ADDRESS:** \_\_\_\_\_ **PHONE #:** \_\_\_\_\_  
\_\_\_\_\_  
**SIGNATURE:** \_\_\_\_\_  
PARENT'S SIGNATURE for PARTICIPANTS UNDER 18 YRS. OLD  
**E-MAIL:** \_\_\_\_\_

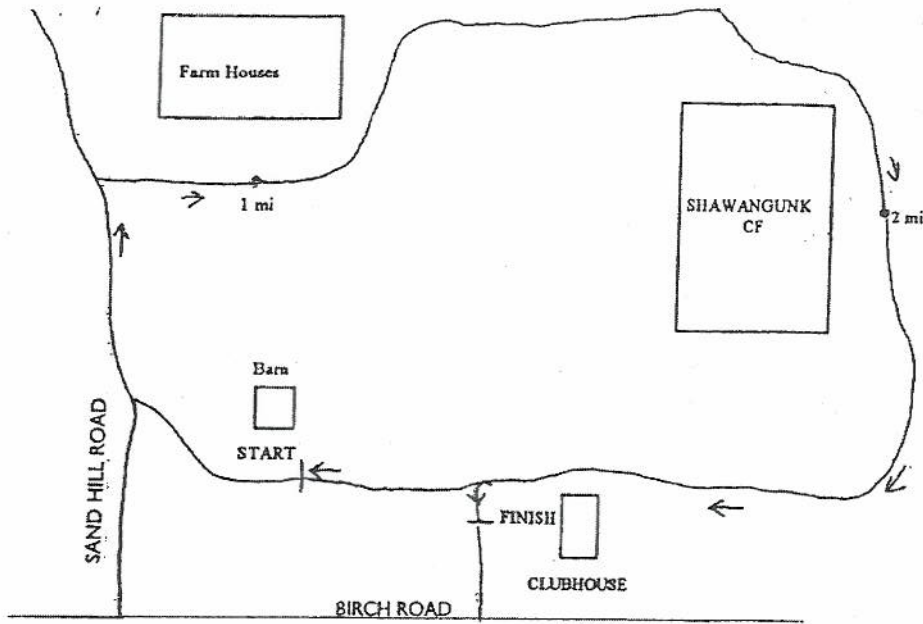
**COMPETITION:** RUN ( ) WALK ( ) HEAVYWEIGHT MALE RUN (200 lbs.+ ) ( )  
**SHAWANGUNK EMPLOYEE:** ( )

**SHIRT SIZE (FREE FOR PRE-REGISTERED):** S ( ) M ( ) L ( ) XL ( ) XXL ( )

**AGE GROUPS:** **RUN:** 15 & under 40 - 49 **WALK:** 29 & under  
16 - 19 50 - 59 30 - 49  
20 - 29 60 - 69 50 - 64  
30 - 39 70 & over 65 & over

**This is a Community 5K Run/Walk**  
**The Course is Flat and Rolling Hills, with Scenic Views**

(NO INMATES WILL BE PRESENT)



**DIRECTIONS TO THE CLUB HOUSE**

**FROM THRUWAY/NEW PALTZ**

Thruway Exit 18-New Paltz: After toll, turn left at light onto Rt. 299. At next light, turn left (Super 8 Motel on left) and continue until you come to a stop sign. Turn left onto Rt. 32. Take the immediate right (Jansen Rd) and continue until you come to a stop sign. Turn left onto Rt. 208 (south) for approximately 10 miles. You will see signs for Shawangunk Correctional Facility and Wallkill Correctional Facility on your right. Turn right onto Quick Road. At the blinking light, turn left. Continue on this road past Wallkill C.F. After you go around the sharp turn, the Club House will be on the right.

**FROM NEWBURGH**

Follow Rt. 300 until it intersects with Rt. 208 (at traffic light - Elsie's Place Restaurant on right). Turn right onto Rt. 208 and continue for approximately 2 miles. You will see signs for Shawangunk Correctional Facility and Wallkill Correctional Facility on your right. Turn left onto Quick Road. At the blinking light, turn left. Continue on this road past Wallkill C.F.; go around the sharp turn, the Club House will be on the right.

**FROM ALBANY POST ROAD**

Turn left or right, depending upon which direction you're coming from, onto Galeville Rd. Go over bridge, the road then changes to Birch Rd. - continue and the Club House will be on your left.

