

26th ANNUAL 5K RUN/WALK

Sponsored By: Pine Bush Vol. Ambulance Corp

Sunday November 10th 2013

Walkers Start at 9:00 AM

Runners Start at 10:00 AM



REGISTRATION: \$20.00 Pre-Register By November 2, 2013
\$25.00 Registration: Day of the Race
T-Shirts to the 1st 100 Registered

LOCATION: PBAVAC: 131 Center St, Pine Bush NY 12566

AWARDS: OVERALL MALE & FEMALE IN **RUN & WALK**
TOP FINISHER IN EACH AGE GROUP

REFRESHMENTS PROVIDED TO ALL ENTRANTS

Proud Participant of the Hudson Valley Grand Prix 5K Series

Make checks payable to: Pine Bush Ambulance Corp

Mail Checks to: ATTN: Sue Spinato PO Box 407 Pine Bush, NY 12566

For Further information call (845) 744-5391 or email pbavac.captain@gmail.com

===== -CUT AND MAIL- =====

YOUR SIGNATURE WILL INDICATE YOUR ACKNOWLEDGEMENT THAT THE
PINE BUSH VOLUNTEER AMBULANCE CORPS. WILL NOT BE LIABLE FOR
ANY INJURIES SUSTAINED DURING THIS EVENT AND THAT YOUR
PARTICIPATION IS AT YOUR OWN RISK.

NAME: _____ SIGNATURE: _____

PARENTS SIGNATURE IF UNDER 18 YEARS OF AGE: _____

ADDRESS: _____ PHONE: _____
STREET TOWN STATE ZIP

MALE FEMALE AGE DAY OF THE RACE: _____ DATE OF BIRTH: _____

CHECK ONE : WALKER RUNNER AGE: _____

SHIRT SIZE: SMALL MEDIUM LARGE XLARGE

Are you a Hudson Valley Grand Prix 5K Series Member? Yes No

Mail Registration and Check to:
PBAVAC; Attn: Sue Spinato; PO Box 407; Pine Bush, NY 12566