

34th ANNUAL 5K RUN/WALK

In Honor of George & Helen Low

Sponsored By: Pine Bush Vol. Ambulance Corp

Sunday November 6th 2022

Walkers Start at 9:10 AM

Runners Start at 9:00 AM



REGISTRATION: \$30.00 Pre-Register By October 31, 2022

\$35.00 Registration: Day of the Race

T-Shirts to the 1st 75 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

Make checks payable to: Pine Bush Ambulance Corp

Mail Checks to: ATTN: April Grieco PO Box 407 Pine Bush, NY
12566

For Further information call (845) 744-2452 or email algrieco63@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 ☐ DATE OF BIRTH: _____

CHECK ONE : WALKER ☐ RUNNER ☐ **AGE:** _____

SHIRT SIZE: SMALL ☐ MEDIUM ☐ LARGE ☐ XLARGE ☐