



Proud Participant of the
2013 Hudson Valley
Grand Prix
5K Series



SMVFD

All proceeds will benefit the
Smallwood Mongaup Valley Volunteer Fire Department.

12th Annual
Smallwood Mongaup Valley Fire Department
Fighting Fires 5K Run/Walk
Around Scenic Smallwood Lake

Sunday, July 7, 2013

Walkers 8:30am Runners 9:00am

FREE
post-race refreshments,
awards & T-Shirts.

Chip timing by
FastFinishes.net

This year's race is in memory of
**Daniel Barden &
Chase Kowalski**
whose lives were cut short by the
Sandy Hook Elementary School
tragedy. Their families are long time
summer residents of Smallwood.

Overall Male & Female Awards for Runners and Walkers

1st, 2nd & 3rd Place Awards for Male & Female Runners in each age category as follows:

12yrs&under 13-19yrs 20-29yrs 30-39yrs 40-49yrs 50-59yrs 60-69yrs 70yrs&over

via postmarked envelope or online

Pre-register by June 24, 2013—Entry Fee: **\$18**

On Race Day—Entry Fee: **\$20**

please make checks payable to:
SMVFD, c/o Matt Burns
89 Crumley Van Vactor Rd
Ferndale, NY 12734

or register online at: **getmeregistered.com**

Waiver: I know that running and volunteering to work in SMVFD races are potentially hazardous activities. I should not enter and run in the SMVFD race unless I'm medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the SMVFD run. I assume all risks associated with running and volunteering to work in SMVFD races including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/ high humidity, the conditions of the road, and traffic on the course. All risks having been known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself, and anyone entitles to my behalf, waive and release the SMVFD race, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this SMVFD activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ - _____ - _____ e-Mail: _____

Age on Race Day: _____ Birth Date: ____/____/____ Gender (circle): Male Female

T-Shirt Size (circle): S M L XL XXL Entry Fee (circle): \$18 pre-register by 6/24/13 \$20

Participating as a (circle): Runner Walker Are you a Hudson Valley Grand Prix member (circle): Yes No

Signature of Participant: _____ Date: ____/____/____

Signature of Parent (if participant under age 18): _____ Date: ____/____/____

Directions: Exit 104 off Route 17, take 17B West about 7 miles, left turn onto Ballard Rd (first left after Airport Rd), continue on Ballard Rd for about 1 mile to the Smallwood Mongaup Valley Fire Department.

For more information: Contact Matt Burns at 1-845-807-8209 or fightingfires5k@yahoo.com