

Ellenville's 30th Anniversary

RUN LIKE the WIND



TO BENEFIT THE AREA FOOD BANKS

5K

10K

5K Fitness Walk

Kids Races

SUNDAY, MAY 19th, 2013 9:30 AM

Start & Finish: Liberty Square, in the heart of downtown Ellenville.

5K Run and 5K Fitness Walk at 9:30am; 10K Run at 9:45am; Kids races at 12:00pm

Race Course: 5K and 10K Certified. Water stops and chip timing.

Registration: For either 5K Run or Walk or 10K Run, a \$18.00 entry fee postmarked by May 13th, 2013, or \$20.00 on race day. Make checks payable to Run Like the Wind. Mail entries to P.O. Box 484, Ellenville, NY 12428. For further information call (845) 647-2119 day or evening or contact at RUNLIKEWINDRACES@aol.com. Race packet picket and day of race registration from 8:00am to 9:15am at Liberty Square. Visit our web site at: ELLENVILLERUNLIKETHEWIND.COM

Awards: Commemorative shirts and race goodie bags for the first 250 Runners/Walkers registered.

Awards and prizes to the top 3 male and female finishers in each age group in the 5K run and 10K Runs only, with awards for overall winners Age Groups: 12-under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and above

Kids Races: Contact the Ellenville Cooperative Nursery School for more information, (845)647-6405

Have you previously participated in the Run Like the Wind? ☐ YES ☐ NO

If Yes, check which event ☐ 5K ☐ 10K ☐ 5K Fitness Walk

Check One Name ☐ Phone(☐)

☐ 5K Address ☐

☐ 10K City ☐ State ☐ Zip ☐

☐ 5K Walk Birth Date: ☐ / ☐ / ☐ Adult T-Shirt Size

Sex: M ☐ F ☐ Age: ☐ S ☐ M ☐ L ☐ XL ☐

In consideration for accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Village of Ellenville, the Ellenville Central School, Ellenville Run Like the Wind 10K Inc., Ellenville First Aid and Rescue Squad, Inc., Ellenville Teachers and School Related Professional Assoc, Honors Haven Resort and Spa, Gillete Creamery Inc, Ellenville Cooperative Nursery School, Stewarts Shops, Bill Sherry dba Super Race Systems, Rolling V Bus Corp, Town of Wawarsing, USA TF, Shop Rite, Shawdonland, race organizers, and officials, any and all unnamed sponsors and volunteers, their representatives, and successors for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for this event and my physical condition has been verified by a licensed Medical Doctor.

Signature ☐ Date ☐

Parents Signature if under 18 years old ☐ Date ☐