

Spackenkill Teachers' Association
4th Annual 5K Walk/Run
To benefit the STA Scholarship Fund

Date: Saturday, May 7th

Place: Spackenkill High School Upper Parking Lot

Time: 8:30AM Kids "Fun Run"
9:00AM 5K Runners
9:05AM 5K Walkers

Advanced Must be postmarked by Wednesday, May 4th
Registration: \$20 fee

Race Day Registration 7:45AM – 8:45AM (Please note that only pre-registered participants are guaranteed shirts)

Kids ½ mile Kids "Fun Run" ages 5 – 12
Registration: \$10 fee

Overall Winners: Prizes to the top 3 finishers
Awards: Gift bags to pre-registered runners/walkers
Medals for kids fun run

Inquiries: Sheri Keith, 845-463-7810 or
sheri.keith@spackenkillschools.org

Send completed application form to:
Sheri Keith
Spackenkill High School
112 Spackenkill Rd
Poughkeepsie, NY 12603

Application Form and Release Waiver

I know that running and road racing are potentially hazardous activities. I will not enter the race unless I am medically able and properly trained. I assume all risks associated with participation in this event including, but not limited to, falls, contact with other participants, the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Spackenkill Teachers' Association, Spackenkill Union Free School District, Town of Poughkeepsie, Race Director, and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event.

Runner's Signature: _____ Date: _____
(Parent or guardian signature required on behalf of runners/walkers under age 18)

Circle Race: 5K ½ mile Kids Fun Run

Name: _____ Sex: M F

Address: _____ Phone: () _____

City: _____ State: _____ Zip: _____

Email address: _____

Date of Birth: _____ Age on 5/7/11: _____

Please return to Sheri Keith at the High School
112 Spackenkill Road
Poughkeepsie, NY 12603