

5K4 Caitlin  
 PO Box 207  
 Slate Hill, NY

*The Caitlin M. Hammaren Memorial Foundation*




2<sup>nd</sup> Annual  
**5K4 Caitlin**  
 Race, Walk & Children's Fun Run  
 To benefit  
 The Caitlin M. Hammaren  
 Memorial Foundation



Bella Vista Holiday Spa  
 22 Bergerons Road  
 Westtown, NY


Saturday  
 May 30, 2009  
 5:00 pm

**2009**

[active.com](http://active.com)

# Sponsors

The 5K4 Caitlin Race, Walk and Children's Fun Run is made possible by the work of dedicated volunteers and generous support of our sponsors. Thank you for your time and donations.

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**Caitlin M. Hammaren**

The Caitlin M. Hammaren Memorial Foundation was inspired following Caitlin's death on April 16, 2007 at Virginia Tech. She was an only child and at 19 years old was completing her sophomore year pursuing a double major in International Studies/ Leadership with a minor in French.

Caitlin was well known for her smile, warm personality, and nurturing disposition. All of those touched by Caitlin were left with a lasting impression of her kindness. She was frequently engaged in little acts of kindness, quietly and unobtrusively assisting or comforting those around her whom she intuitively sensed were in need.


Caitlin loved and was involved in many aspects of the Arts. She participated in the fine Arts, singing, playing the violin, theater, dressage, and the culinary Arts. Caitlin lived each day to the fullest. A close friend described her as mastering the "Art of Living". With your help, the Caitlin M. Hammaren Memorial Foundation will continue those quiet "little acts of kindness" to assist others and keep alive the essence that is "Caitlin" through their own passion for the Arts.



**RUNNERS**

- All pre-registered applicants guaranteed T-shirts, Race Day registrants first come, first serve
- Trophies awarded to top overall male/female finishers
- Awards to top three finishers in each age group, male/female

**5K Race Age Groups**

13 & under	25-29	45-49	65 & older
14-17	30-34	50-54	 Walkers 1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
18-20	35-39	55-59	
21-24	40-44	60-64	

**Race Details**

**5:00 pm – Race Start**

- Online registration at [www.active.com](http://www.active.com) by May 17
- Pre-Race registration \$20
- Race Day registration \$23
- 1:00 – 4:00 pm registration
- Course Certification pending & measured by Brian Cavanagh
- Amazing Raffles
- Post Race Barbeque
- Live Music by Jonny Rosch
- Post Race Barbeque
- 13 levels of competition
- Children's Fun Run
- Timing by: **FAST FINISHES**



**Barbeque** following race finish:  
To include Lemonade, Popcorn and Sno-Kones  
Non race participants may enjoy the barbeque for only \$10.00

***\*Bring your blankets and lawn chairs\****

And enjoy the night time sky and music.

Persons interested in donating to TCMHMF without participating in the 5K4 Caitlin may do so by mailing contributions to: CFOC-The Caitlin M. Hammaren Memorial Foundation.

For directions and further information please contact: Race Director – Christian M. Hammaren @ 845-726-3848 or email [tcmhmf@gmail.com](mailto:tcmhmf@gmail.com) or [www.active.com](http://www.active.com) (5K4 Caitlin) or

[www.caitlinmhammaren.org](http://www.caitlinmhammaren.org)

The Caitlin M. Hammaren Memorial Foundation - A component fund of the Community Foundation of Orange & Sullivan

**Entry Form – Pre-registration – Postmarked by May 18, 2009**

Make registration checks payable to CFCO – The Caitlin M. Hammaren Memorial Foundation  
Mail form to: **The Caitlin M. Hammaren Memorial Foundation, PO Box 207, Slate Hill, NY 10973**

Name: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Age on race day \_\_\_\_\_ Email: \_\_\_\_\_  
 CHECK ONE: Walk \_\_\_ Run \_\_\_ T-Shirt size (circle size): S M L XL BBQ only \_\_\_\_\_

In consideration of accepting this entry, I the undersigned, intending to be legally bound, here, for myself, my heirs, executors, and administrators, waive and release all rights claims for damages I may have against The Community Foundation of Orange and Sullivan, The Caitlin M. Hammaren Memorial Foundation, The Bella Vista Holiday Spa, The Town of Minisink, The Town of Greenville, Greenville Fire Department and Ambulance Corps and any other sponsors to be named, and the volunteers, for any and all injuries suffered by me. I further agree to save harmless and indemnify them. I attest that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been peripheries by a medical doctor. No portion of the entry fee may be tax deductible. All fees are non-refundable.

Signature \_\_\_\_\_

Parent or Guardian (if under 18) \_\_\_\_\_

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