

*Good Luck
To All
Runners*



A Proud Member Event of the 2009

HUDSON VALLEY GRAND PRIX SERIES

GOSHEN ROTARY *5K & 10K Races*

July 4, 2009

8:00 AM Race time

GOSHEN • NEW YORK

- Registration at 6:30 a.m. -

Cataract Firehouse at Green Street
(Just before the starting line)

The 26th Annual

GOSHEN ROTARY *5K & 10K Races*



at the
GREAT AMERICAN WEEKEND



★ **July 4, 2009** ★

8:00 AM Race time

GOSHEN • NEW YORK

Goshen Rotary Club
P.O. Box 563, Goshen, NY 10924



REGISTRATION COST: Postmark before June 27, 2009 \$15.; After June 27 - \$20. Make checks to: Goshen Rotary Club. Mail to: PO Box 563, Goshen, NY 10924

Last Name		First Name	
Street Name and # or PO Box		City/Village/Town	State
Phone Number Day Time	Phone Number Eve.	S	M
Age on Race Day	Gender Male	L	XL
	Female	T-shirt size desired (circle choice)	
Race Begins 8:00 AM July 4, 2009 <i>Race starts on Green Street - Last Registration at 7:45</i>		Are you a member of the Hudson Valley Grand Prix? YES? NO? <i>Circle your event and age group as of race day</i>	
<p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to : falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, radio sets, are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Goshen Rotary Club, Inc., The Goshen Chamber of Commerce, the Village and Town of Goshen, The First Presbyterian Church of Goshen, the Goshen Fire District, Goshen Volunteer Ambulance Corps, and County of Orange, and all sponsors, and all of their respective officers, directors, agents, representatives, and successors, including employees, from all claims or liabilities of any kind arising out of my participation in this event even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that there will be no refunds, or credits on entry fees and that failure to participate may result in the loss of entitlement to a T-shirt and other race amenities.</p>			
SIGNATURE (If Under 18 years, Parent or Guardian must sign) X			

Divisions:

5K & 10K. 10 years and under; 11-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+ T-SHIRTS TO FIRST 300 REGISTERED. PLEASE PRE-REGISTER TO INSURE THAT YOU GET A SOUVENIR T-SHIRT.

SORRY—THERE IS NO SEPARATE WALKING RACE. WALKERS ARE WELCOME TO PARTICIPATE. WALKERS WILL START WITH THE RUNNERS. THE COURSE WILL BE CLOSED AT 9:30 AM AND ANYONE NOT FINISHED WILL NOT BE SCORED. WALKERS WILL BE SCORED AS A PARTICIPANT IN THE RUNNERS DIVISIONS.

Fees:

Postmarked Before June 27, 2009 \$15.00. Postmark After June 27, 2009 \$20.00. Mail applications to c/o: P.O. Box 563, Goshen, NY 10924. Make checks payable to Goshen Rotary Club.

Host:

This race is hosted by the Goshen Rotary Club, a member organization of Rotary International. Rotary is an international organization dedicated to community, national and world service. The motto of Rotary is "Service above Self" All race proceeds are distributed to and on behalf of Rotary charities. Help us to help others.

Course:

Both 5 and 10k start on Green Street. 10K goes to Parkway, Orange Ave., Main St., Craigville Rd., Knoll Rd., Chester Rd., back onto South Church St., and finishes in front of the Surrogate Courthouse on Park Place
The 5k is an out and back course on Old Chester Road and finishes at the Courthouse.

Registration:

Packet pick-up and pre-registration will be held at Orange Hollow Racquet Club on July 3, 2009, from 4:30 to 7:30 PM. Packet pick-up and race day registration will commence on July 4, 2009 at 6:30 AM at the Cataract Firehouse located on Green Street before the starting line.

PLEASE REGISTER EARLY TO AVOID RACE DAY CONGESTION AND TO INSURE THAT YOU RECEIVE THE CUSTOM DESIGNED COMMEMORATIVE T-SHIRT.

Awards:

Award ceremony will begin promptly after the finish of the race at the finish line. The ceremony kicks off the Goshen Chamber of Commerce Great American Weekend. Trophies will be awarded to the top three overall males and females in the 5k and 10k events. Additional awards will be presented three deep in the age divisions noted above.

Amenities:

In addition to finish line refreshments each participant will receive a food coupon for a free hotdog at the Great American Weekend food tent - courtesy of the Goshen Rotary Club. Present tear-off bib coupon for your food.

DON'T FORGET THAT THE DAY IN GOSHEN PROVIDES OPPORTUNITIES TO SEE HARNESS RACING AT HISTORIC TRACK. TICKETS AVAILABLE AT THE GATE. POST TIME IS 1:00 PM. COME SEE AND ENJOY HUGE CRAFT FAIR, ART & BOOK SALES, KID'S RIDES AND LOTS MORE. THIS IS A FAMILY AFFAIR SO BRING YOUR ENTIRE GROUP OF FRIENDS AND FAMILY AND MAKE A DAY OF IT IN GRAND OLD GOSHEN—LAND OF MILK AND HONEY!

RACE BEGINS

AT 8:00 AM

FOR RACE INFORMATION ONLY

(845) 294-9393

www.goshenrotary.org

JULY 4, 2009