



First Annual Knights of Columbus 5K Road Race & Partial Trail Town of Wallkill, N.Y.

Start at Our Lady of Mount Carmel Church 90 Euclid Ave. Middletown, NY 10940
Run Around St Alberts & National Shrine 70 Carmelite Drive Middletown, NY 10940

Saturday October 10th, 2009, 9:00 am (Rain or Shine) Walkers Early Start at 08:30am

Prizes and Raffle to be sponsored by sponsors

Walkers welcome

Course: Flat, First mile starts on Euclid ave, continues to left on Webb Rd, Right on Wawayanda ave., Left on Carmelite Drive, straight ahead & left to High Barney Rd., turn around at before Rte 78, double back on High Barney Rd., to Carmelite Drive and straight ahead to a Right Wawayanda ave. Right on to walkway on St. Alberts property, Right around pond to end of walkway, U-turn to left around series of trees on left (Rear of 70 Carmelite Drive), Left around Our Lady of Virgin Mary Statue, Right to Creek Bridge, Right to exterior of baseball field, Left at corner of left field outfield foul line, con't around exterior of foul line and third base dugout, left on to driveway exit, Right on Wawayanda ave, proceed to Left on Euclid ave (once around block), Left on Webb Rd., Left on Wawayanda, proceed to final Left on Euclid ave to Finish Line by Community Center.

Registration: Front of Community Center on Euclid ave. (Inside if Rain) 07:00 am to 08:30 am.

Entry Fee: Runners/Walkers \$15.00 pre-registered, \$20.00 day of race.

\$2.00 discount for Knights of Columbus, ORC & Sullivan Striders Active Members

T-Shirts to first 100 registrants (Limited race day t-shirts)

Please make checks payable to Knights of Columbus 5K

Mail Checks to Edwin Diaz at P.O. Box 200 New Hampton NY 10958

Contact: Edwin Diaz, 845-313-5297 or Michael Biondi 845-343-1285
 bscinstructor@hotmail.com

Awards: Male/female age groups < less than 19, 20 -29, 30 -39, 40 -49, 50 -59, 60 -69, 70+
 Award to first Clergy & First Knight!

Restrictions: No dogs, strollers, headsets, or bikes.

Refreshments for all participants following the race

Waiver: I Know that running or walking a race is a potentially hazardous activity and that I should not run unless properly trained and medically able. In consideration of accepting this entry, 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 Knights of Columbus 5K, John Paul the Great Council #486, the Town of Wallkill, Our Lady of Mount Carmel Church & school, St. Alberts church, The National Shrine, St Josephs Church & school, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event even through the liability may arise out of negligence or carelessness on the part of the person named in this waiver.

Name: _____ Age on race day _____, Sex M/F

Address: _____ DOB ___/___/_____

City/State/Zip Code: _____

Signature: _____ Phone: _____

Parent or Guardian if under 18 _____ Date: _____

T shirt Size: ___S___M___L___XL Registration fee total \$ _____ - Clergy or Knight _____

