



SMVFD

Fighting Fires 5k run/walk around scenic Smallwood Lake.

Fast and scenic course

Sunday July 5th, 2009

Walkers @ 8:30, Runners @ 9:00am

Free post race refreshments, awards and T- Shirts.

Overall Male and Female awards for runners & walkers.

1st, 2nd & 3rd place for runners in each age group.

There will be an age group for men and women.

The categories will be:

12yrs and under	20yrs-29yrs	40yrs-49yrs	60yrs-69yrs
13yrs-19yrs	30yrs-39yrs	50yrs-59yrs	70yrs & over

Entry Fee- \$18 to pre-register by June 28th
\$20 to register day of the race

Pre-registration must be postmarked by June 28th, 2009, please make checks out to:

SMVFD, c/o Matt Burns
89 Crumley Van Vactor Rd.
Ferndale, NY 12734

A portion of the proceeds will go towards a memorial for the 3 young men who drowned in Smallwood Lake this past fall.

Directions: Exit 104 off Route 17, then take 17B west, go about 7 miles, make a left turn on Ballard Rd. (it's the 1st left after Airport Rd.) Go straight until you come to the

Smallwood Mongaup Valley Fire Department.

For more info call Matt Burns at 1-845-292-3159

Or e-mail fightingfires5k@yahoo.com

Waiver

I know that running and volunteering to work in SMVFD races are potentially hazardous activities. I should not enter and run in the SMVFD race unless I'm medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the SMVFD run. I assume all risks associated with running and volunteering to work in SMVFD races including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/ high humidity, the conditions of the road, and traffic on the course. All risks having been known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself, and anyone entitles to my behalf, waive and release the SMVFD race, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this SMVFD activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone #: _____

E-mail Address _____

Age (on race day) _____ Birthday: _____

Sex: **Male Female** (circle one) Shirt: S M L XL XXL (circle one)

Fees: \$18 pre-registration \$20 race day

Signature of runner: _____ Date _____

Parent's signature (if under 18) _____ Date _____

Runner _____ Walker _____