

WALK THE RACE 3K



Third Annual

Join us, bring the family, walk the race and have a good time!!!

Full Barbeque and Beverages!!!

USATF Certified course. The only walk race in Sullivan and Orange Counties!!!

Date: September 13, 2009
Time: 10:00 a.m.
Location: Holiday Mountain Road
Monticello NY
Price: \$8.00



Runners.....JUST DO IT.....for the fun of it

All participants must walk the entire distance. At no time can a walker fully lose contact with the ground (there must be one foot on the ground at all times). Failure to comply will result in disqualification.

Name: _____ Phone: _____

Address: _____ City: _____ ST: _____ Zip: _____

Date of Birth: _____ Age (Raceday): _____ Female: _____ Male: _____

e-mail: _____

Make checks payable to SULLIVAN STRIDERS P.O. Box 702, Rock Hill, NY 12775

Contact Myriam Loor (845)866-1345 myriamloor@hvc.rr.com

I have full knowledge of the risks involved in walking this race. I am trained and fit to enter into the race and I do it on my own choice. I hereby release and forever discharge any and all rights and claims for damages which may be sustained or suffered by me against all sponsors, directors and supporters.

Signature: _____ Date: _____

From 17 West take exit 107, turn left off of ramp. Turn left on Bridgeville Rd (CR)161. Holiday Mountain on right.
From 17 East, take exit 107, turn left off of ramp on Bridgeville Rd for one mile. Holiday Mountain on right.