



## **New Paltz Spring Track Series**

**Children's 200m and 400m Races      Adult Races from 400m to 3 mile**

***Fun Event for the Whole Family***

**RACES START AT 6:30 PM    REGISTRATION STARTS AT 5:30 PM**

**Wed., May 12:** SUNY New Paltz Track: Kids 200m, Adults 400m, Adults 1 mile, Kids 400m, Adults 800m, 4x400m relay.

**Wed., May 19:** SUNY New Paltz Track: Kids 200m, Adults 800m, Adults 2 mile, Kids 400m, Adult 400m, Sprint Medley Relay 400x200x200x800

**Wed., May 26:** SUNY New Platz Track: Kids 400m, Adults 1 mile, Adults 800m, Kids 200m, Adults 3 mile 2 person relay, 6x400 team relay

**This event or race is sanctioned by USA Track and Field.**

Registration starts at 5:30 pm each evening. Fees for Series: **Family \$35.00 Individual Adult \$25.00; kid's \$10.00.** Fee per night: adult \$10.00; kids, \$5.00; students \$8.00

Make checks payable to Shawangunk Runners *mail to Patty Lankhorst at: 3133 route 209, Kingston, NY 12401.* Patty (cell):914-204-0718.

Kids receive finisher's ribbon. A Post series Feast will conclude the series on May 26<sup>th</sup> for all to enjoy!

In consideration of accepting this entry, I, intending to be legally bound for myself, heirs, administrators and executors wave and release any and all agents and claims for damages I may have against the organizers,, sponsors and the Shawanagunk Runners, the People of the State of NY,, NYS Executive Department, SUNY New Paltz, and employees for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ PARENT IF MINOR \_\_\_\_\_