5K Run/Walk and Family Fair

Sponsored by

The Dennis P. McHugh Foundation, established to honor Firefighter McHugh, FDNY

Saturday, May 16, 2009

Rain or Shine

Fly Wheel Park, Piermont, NY

9:30 am - 5K Run/Walk * 10:30am – Pee-Wee Run * 11 to 3pm - Family Fair

Chip Technology Timing will be used to Time the Race

REGISTER ONLINE AT ACTIVE.COM

RUN/WALK REGISTRATION

Online: active.com

By Mail: Use form below.

5K Early Registration (before May 9th):

- $15, includes t-shirt

5K Race Day Registration (until 9:00 am):

- $25, includes a t-shirt while supplies last

PEE-WEE RACES ARE FREE (UNDER 10).

Check-in at Fly Wheel Park from 8:00-9:00am.

Lavatory facilities available.

FAMILY FAIR

Bring the whole family and enjoy food, drink, games, rides, a DJ, and more.

DIRECTIONS and RACE ROUTE

Directions to Fly Wheel Park and the race route can be found on the website www.dennispmchugh.org.

FURTHER INFORMATION

Visit the website or call Anne

(845) 279-4439

5K Entrance Form

Make check payable to: **The Dennis P. McHugh Foundation** (no refunds, exchanges, or transfers)

Mail this form and check to: **P.O. Box 302, Sparkill, New York 10976 (Pre-registration via mail ends May 9th)**

YOU MUST FILL OUT A RACE FORM FOR EACH PARTICIPANT.

Name:

Address:

City: **State:** **Zip:**

Phone: **Age:** **Gender:**

Email:

T-Shirt size (check one): For 5K runners/walkers—Available while supplies last.

☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large ☐ Adult XX-Large

☐ Kid's Medium ☐ Kid's Large

Racing Category (check only one): ☐ Firefighter Dept/Unit _____ ☐ Law Enforcement Dept/Unit _____

☐ Iona grad/undergrad ☐ Gaelic Football

By signing this form, I release all sponsors, heirs, executors, administrators and The Dennis P. McHugh Foundation from all responsibilities for any injury or damages that may occur to or from while running and attending the above activities and verify that I am trained and in good physical condition for the race I (or child) have entered.

Signature (parent or guardian if under 18) _____