

Rosendale Plains Run / Walk

Live Entertainment, Refreshments, Swimming Pool Facilities

Saturday, Aug. 8th, 2009

Start Time: 9:00 a.m. (sharp)

Sponsor: Rosendale Playground Fund, coordinated by Shawangunk Runners Club

Swimming Pool: Available to all participants and families (**bring your swim suits**)

Report to: Rosendale Recreation Center, Route 32, Rosendale, New York

Course: 4.4-mile loop through scenic Rosendale and Rosendale Plains (Tillson)
One big hill at the end of mile one. Last 3/4 mile is downhill. **2.8 Mile Walk.**

Divisions: Top three Male and Female awards for the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus, and first three walkers

Registration: Early entry fee received by **July 31, 2009:** \$11.
Race-shirts to first 75 entries. \$12 entry fee on race day. Families pay \$25.
Onteora, Shawangunk Runners Club members and students subtract \$1.

Make checks payable to: "Rosendale Playground Fund" and send to Chris Peone,
42 Messmer Avenue, Tillson, NY 12486.

NOTE: Previous Male and Female overall winners receive complimentary entry

Information: Contact Chris Peone at 845-658-3922 days or 845-658-9686 evenings

All proceeds benefit the Rosendale Playground Fund.

Results will be posted at <http://runthegunks.blogspot.com/> and on our e-group at www.groups.yahoo.com/group/runthegunks



In consideration of accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all claims for damage I may have against the Town of Rosendale and the Shawangunk Runners Club, their representatives, successors and assigns, for any and all injuries suffered by me in said event.

Signature (If under 18, parent or guardian's signature)

Date:

Circle one: **Walk** **Run**

Name (please print)

Age as of 8/9/09

Address

Sex: **Male** **Female**