

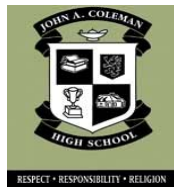

The 2009 Summer Trail Series


Keller Keltic Kross Kountry Kalamity


All Proceeds to benefit
Queens Galley
 254 Washington Ave. Kingston



Visit them at:
www.QueensGalley.org
 To make a Donation or View
 Their WISH list of Needs



START TIME: 7:00 PM SHARP – (Rain/Shine) **Kids Mile:** 6:45 PM (12-Under) **CHECK IN:** 6:30 PM-6:45 PM

- | | | |
|---------|--------------------|---|
| Race #1 | JULY 8th | Twin Lakes Resort Heritage Drive, Hurley (Washington Ave > to Lucas Ave > go 3.4 miles > turn Left Heritage) |
| Race #2 | JULY 15th | Coleman Catholic High School – Hurley Avenue |
| Race #3 | JULY 22nd | Williams Lake (A/K/A) Hudson River Valley Resorts – Rosendale (Binnewater Rd) |
| Race #4 | JULY 29th | Williams Lake (A/K/A) Hudson. River Valley Resorts - Rosendale (Binnewater Rd) |
| Race #5 | AUGUST 5th | Rail Trail – Hurley - Rt 209 (approx. 3.5 Miles West of Rat 28/Rt. 209 intersection) |
| Race #6 | AUGUST 12th | Dietz Stadium (Awards/Picnic with Irish Music) |

DISTANCE GRADUATING WEEKLY FROM 2.5 TO 5 MILES - PARTICIPATE IN any 4 RACES GUARANTEED AN AWARD!

- Entry Fee:** \$ 10.00 - Pre Entry (post marked by July 1, 2009) \$ 15.00 After July 1. 2009
 (Family Entry fee \$25.00 post marked by July 1, 2009 (after Entry Fee is \$30.00))
- Donations:** Weekly Food Donation will be collected, to assist Queens Galley Soup Kitchen. Any and all Contributions are
 Greatly appreciated. Visit www.QueensGalley.org – Wish List – for a list of items to be collected each week.
- Sponsored by:** Team Ireland --- Visit us @ www.TeamIrelandUSA.org – (weekly Results to be posted)
- Coordinated by:** Onteora Runners Club www.OnteoraRunners.org
- Race Director:** Jim Kelley Smith & TEAM IRELAND Irish@TeamIrelandUSA.org
- Checks Payable to:** Jim Kelley Smith
- Mail apps to:** Team Ireland P.O. Box 2080 Kingston, N.Y. 12401
- Official Starter:** Tis Himself – Coach Joe Keller
- T-Shirts:** Irish T- Shirts will be sold separately @ races – All Proceeds – Benefit – Queens Galley

 TEAR OFF AND RETURN – PLEASE PRINT

NAME _____ ADDRESS _____

CITY/STATE/ZIP _____ PHONE () _____ MALE or FEMALE _____ AGE _____

EMAIL _____ @ _____ Irish Name _____
 (Birth Descent or Marriage)

RACE WAIVER: I know running a road/cross country race is potentially hazardous. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official concerning my ability to safely complete the run. I assume all risks associated with running this event including but not limited to; falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, and the conditions of the roads/trails, all such risks being known and appreciated by me. I understand bicycles, skateboards, baby joggers, roller skates, in-line skates, animals and radio head sets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the officers, agents, directors, representatives, employees and successors of the City of Kingston, the Onteora Runner's Club, Team Ireland, Twin Lakes, Binnewater Realty Corp, Ulster County Construction Corp, Hudson River Valley Resorts LLC, Williams Lake, and all host land owners & sponsors from all claims or liabilities of any kind arising out of my participation in this event although liability may arise out of negligence or carelessness by the person(s) named in this waiver.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____ DATE: _____