



LAUREL CREST PARK

4TH ANNUAL 10K RUN 5K RUN/WALK



**AWARDS FOR
OVERALL 1, 2 & 3
and
AGE GROUPS**

Date: **Sunday, October 18, 2009**

Start: **Town of Cornwall Campus
(Town Hall)**

Fee: **\$20.00** Pre registration
\$25.00 Day of Race
*Final Registration will be
October 18, from 8:00-9:30AM*

Starting Time: **9:30AM** www.cornwall10k.netfirms.com

Please fill out this form and mail it to: **Town of Cornwall Rec Dept 183 Main St. Cornwall, NY 12518 PLEASE PRINT VERY CLEARLY!**

- Pre-Race packet will be available for pickup the morning of the race.
- Participants who are not pre-registered are not guaranteed to receive a t-shirt on race day.

T-Shirt Size (ALL ADULT SIZES):

- SMALL
- MEDIUM
- LARGE
- X-Large

Name: _____ Sex: M F

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

E-Mail _____ Birth Date:(MM/DD/YY) _____ Age on Race Day: _____

10K Run 5K Run 5K Walk

First Time Runner? Yes No

In consideration of your accepting this entry I the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors and administrators waive and release any and all rights and claims for damages I may have against the race organizers, the town of Cornwall and any other supporters or their representatives, successors and assigns for any and all inquiries suffered by me in this event. I attest and verify that I am physically fit to participate in this event..

Signature

or sign up at Active.com