

# Miles of Hope Breast Cancer Foundation

## Family Fun 5K Run/Walk

In Honor of  
Maureen Murphy Chodaba



**FORM A TEAM NOW** in honor/memory of a family member, friend or **all** women!

**Date:** Saturday, May 8, 2010

**Time:** 9:00 AM: 5K start (all ages)  
10:00 AM, ½ mile run for kids (4-11 years old) – ribbons for all kids

**Place:** Tymor Park, 249 Duncan Rd., Lagrangeville, NY 12540  
From Taconic Pkwy, 3.6 miles on Rt. 55 East, Left on Bruzgul Rd/CR 21 for 1.7 miles, Right on Duncan Rd.  
From Rt. 55/22 split in Wingdale, go West on County Road 21 for 8 miles, then Left on Duncan Rd.

**Family Event:** Face painting, ice cream, 50/50 raffle, basket and gift certificate raffles, vendors.  
Fun for runners and non-runners! Free massage therapy available.

**Registration:** Register by May 5 on [www.mhrrc.org](http://www.mhrrc.org) (click *shopping cart* then *race registration*) or by mail (see below) **RACE DAY REGISTRATION BEGINS AT 7:30 a.m. & CLOSSES AT 8:30 a.m.**

**Prizes:** T-shirts for first 100 pre-registrants, special T-shirts for Survivors  
Gift bags for first 100 people raising \$125 or more (including registration fee)  
**Please have all donations in no later than race day!**  
Gift certificates & more for first overall male and female & 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> places in each age category:  
Female: up to 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Male: up to 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Medals for first, second, and third place kids

**Entry fees:** 5K - \$20 (\$25 on Race Day) ½ mile Kids - **FREE** if pre-registered (\$10 on race day)

### Register by Mail:

send form below and check payable to: "MILES OF HOPE BREAST CANCER FOUNDATION"  
to: **PO Box 452, Pleasant Valley, NY 12569**. Entries must be post-marked by 05/05/10.

THE "MILES OF HOPE" IS A NOT-FOR-PROFIT ORGANIZATION. ALL PROCEEDS STAY LOCALLY IN THE HUDSON VALLEY WHICH AID FAMILIES WHO HAVE BEEN TOUCHED BY BREAST CANCER. INFO AT [www.milesofhopebcf.org](http://www.milesofhopebcf.org)

FOR MORE INFORMATION CALL: LORI CASSIA-DECKER (845) 485-6673, mohrun@hotmail.com OR [www.mhrrc.org](http://www.mhrrc.org)

In consideration of accepting this entry, I the undersigned, intending to be legally bound, for myself, for anyone else I am registering, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Mid-Hudson Road Runners Club, Miles of Hope, the town of Union Vale, and any other sponsors, their representatives, employees and successors for any and all injuries suffered by me in this event. I release my rights to all photos, videos, and images, etc. taken during the event of me or anyone else I am registering.

Name \_\_\_\_\_ Breast Cancer Survivor?  I am registering for: 5K  Kids Run

Address \_\_\_\_\_ Gender: F  M  Team Name (optional) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on 5/8/10 \_\_\_\_\_ Date of birth \_\_\_\_\_ T-shirt size \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature of parent or guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

