



1st Annual Ketcham 5K Race/Walk



Date: Saturday April 24, 2010

Time: 10:00 am 5K race start

Race: 3.1 mile loop starting at RCK High School around Lake Oniad and finishing back at the RCK High School.

Place: Roy C. Ketcham High School

Race Day Registration: Opens at 8:00 am

Fee (no refunds): Pre-registration: t-shirts to pre-registrants
Pre-registration is over
April 3rd to pre-order
t-shirts

- \$ 12.00
- Race day registration
- \$ 15.00



Awards: Male: up to 18, 19-29, 30-39, 40-49, 50 and up
Female: up to 18, 19-29, 30-39, 40-49, 50 and up
RCK Alumni: male and female top finisher
RCK Faculty: male and female top finisher

Info: David Budd 845-298-5100 x 145 or David.Budd@wappingersschools.org
Bob Stockslager 845-298-5100 x 162 or Robert.Stockslager@wappingersschools.org

Pre-registration: Makes checks payable to RCK Track and Field Booster Club and mail to David Budd, Roy C. Ketcham High School, 99 Myers Corners Road, Wappingers Falls, NY 12590

Restrictions: No rollerblades, skateboards, bikes, dogs, showers

I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to, falls, contact with other participants, and the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against Wappingers Central Schools, RCK Track and Field Booster club, Town of Wappingers, Race Director(s), and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event. I also release my rights to any photos, videos, images, etc. taken of me during this event.

Name: _____

Address: _____

Zip code: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Age: ____ Gender: F M

Date of Birth: _____

Tee shirt size: S M L XL

ALL PROCEEDS BENEFIT THE RCK XC/TRACK AND FIELD TEAMS