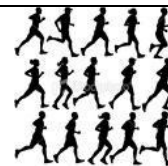




3rd Annual Ketcham 5K Race/Walk and 1 Mile Kids Run



<u>Date:</u>	<u>Saturday April 21, 2012</u>
<u>Time:</u>	<u>8:30 am 1 Mile Kids Run</u> for all kids under age 12 followed by the <u>5k race/walk at 9:30 am</u>
<u>Kids Run</u>	Starts at the RCK Track and Loops around RCK High School
<u>5k Race:</u>	3.1 mile loop starting at RCK High School around Lake Oniad and finishing back at the RCK High School.
<u>Place:</u>	Roy C. Ketcham High School
<u>Race Day Registration:</u>	<u>Opens at 8:00 am</u>
<u>Fee (no refunds):</u>	Kids Run: \$5.00 (each gets a ribbon, no t-shirt)
<u>Pre-registration is over April 8th to pre-order t-shirts</u>	Pre-registration: t-shirts to pre-registrants \$12.00 Race day registration \$ 15.00
<u>Awards:</u>	Male: up to 18, 19-29, 30-39, 40-49, 50-59, 60 and up Female: up to 18, 19-29, 30-39, 40-49, 50-59, 60 and up RCK Alumni: male and female top finisher RCK Faculty: male and female top finisher
<u>Info:</u>	David Budd 845-298-5100 x 31145 or David.Budd@wappingersschools.org Bob Stockslager 845-298-5100 x 31162 or Robert.Stockslager@wappingersschools.org
<u>Pre-registration:</u>	Make 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
<u>Restrictions:</u>	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: _____ Age: _____ Gender: M F
 Address: _____ Date of Birth: _____
 Zip code: _____ Tee shirt size: S M L XL
 Phone: _____ RCK grad: Y N YEAR: _____
 Signature: _____ Email Address: _____
(Parent's signature if under 18)

ALL PROCEEDS BENEFIT THE RCK XC/TRACK AND FIELD TEAMS