

# VIOLET AVENUE TWO-SOME RACE

To Benefit The VAS Health and Wellness Program

June 6, 2008

6:30pm 3 Mile Team Race

6:00pm Kids Run & 1.5m Walk

Violet Ave. Elementary School, Poughkeepsie

**RACE:** This is a two-member team race. Both runners in a team will run 1.5 miles in relay style. The race is an out and back course, starting and finishing at the Violet Avenue Elementary School. Each pair's times are combined in the final results.

**AWARDS:** First - Third place Women/Girl Team winners    First - Third place Men/Boy Team winners  
First - Third place Mixed Team winners                      First - Third place combined age winners  
First teacher team (from any school district)

**ENTRY FEE:** \$8.00 per team prior May 30<sup>th</sup>. \$10.00 per team after May 30<sup>th</sup>.  
\$4.00 per team for V.A.S. students and family.  
Make checks out to **VAS P.T.A.**

Mail to: Tomi Nonenmacher, VAS RUN  
191 Violet Ave. Poughkeepsie, NY 12601  
tomi.nonenmacher@hydeparkschools.org  
(845) 486-4499

**KIDS RUN:** A free 1/2 mile run will be held at 6:00pm for younger children. Ribbons to all finishers.

**WALK:** A free 1.5 mile walk. Ribbons to all finishers.

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Team Name \_\_\_\_\_ (Be Creative)

1<sup>st</sup> Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

2<sup>nd</sup> Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Are both of you teachers? \_\_\_\_\_

Are both of you VAS students or family members? \_\_\_\_\_

In consideration of accepting this entry. We the undersigned, intending to be legally bound for ourselves, my heirs, executors and administrators, waive and release any and all rights and claims for damages we may have against Violet Avenue Elementary School, the Hyde Park School District, and any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by us in this event. We attest and verify that we are physically fit and have trained sufficiently for this event.

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian Signature if under 18 years of age \_\_\_\_\_