



Saturday, September 18th 2010 **GEICO**

Second Annual

COXSACKIE P.A.L. (Police Athletic League) 5k Run/Walk

Sponsored by GEICO Insurance

Join us for the second annual P.A.L 5k run and "fun" walk – a percentage of the proceeds will go to hospice in memory of Dolores Holewienko and the remainder will support the P.A.L. program. P.A.L is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers and youth.

Race Information:

Saturday, September 18, 2010 8am Registration, 9am 5k Race/Walk (3.1 miles)

Entry Fee: Application fee \$17 or \$20 on day of race T-Shirts to the first 150 entrants

Start and Finish site: McQuade Park – 119 Mansion St., Coxsackie - Parking at the Village Building

Course Description: Residential area flat and paved with mile markers and water stations

Awards: Trophies to top male and female finisher and awards will go to winners in each age division.

Race packet pick-up: Friday September 17th from 5 – 7pm or Day of Race at the Coxsackie Village Building located @ 119 Mansion Street, Coxsackie, NY 12051

Contact: For further information please contact Sergeant Bill Obrien @ 518-731-8122

Chip timing and entertainment by ARE Event Productions. Please register online at www.AREEP.com or complete and send in the registration information below. Award Ceremony at the finish line immediately following the race. Plenty of parking, restrooms and refreshments.

Registration Information:

Please complete and return to

PAL 5K C/O

AREEP, P.O. Box 38195, Albany, NY 12203

Please do not mail application after September 10th

Name _____		Age (on 9/18/10) _____	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address _____		Email _____		
City _____		State _____	Zip _____	
Phone _____	Race <input type="checkbox"/> Fun Walk <input type="checkbox"/> 5k	Shirt size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have may have against the ARE Event Productions, P.A.L, Village of Coxsackie, and any sponsors or volunteers involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to a course that may have uneven terrain, rocks, roots, and other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the ARE to use any photos, videos, or any other record of this event for any purpose whatsoever.</small>				
Signature _____	Date _____	Parent's Signature _____ (if under 18)		