

Miles of Hope Breast Cancer Foundation

Family Fun 5K Run/Walk

In honor of Bernadette Pikul



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

Date: Saturday, April 30, 2011

Time: 10:00 AM: 5K start (all ages)
11:00 AM, 1/2 mile run for kids (4-11 years old)

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 Thursday, April 28 on www.mhrrc.org (click *shopping cart* then *race registration*) or by mail (see below) **RACE DAY REGISTRATION BEGINS AT 8 a.m. & CLOSES AT 9:30 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!
Awards for first overall male and female & 1st 2nd 3rd 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 - \$22 (\$27 on Race Day) 1/2 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.** Pre-registrations must be post-marked by 04/25/11.

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

FOR MORE INFORMATION E-MAIL mohrun@hotmail.com OR visit www.mhrrc.org -> Upcoming Races -> MHRRC schedule

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 _____