

CJ'S
Friends Helping Friends
5K FUN Run/Walk
No Frills Just a Great Cause!
Friday, September 23rd 2011

5:30 Registration at CJ's Restaurant Rhinebeck / 6:30 Start Time

Pre-Registration Adults until Sept 16th

Adults \$15
Kids under 12 \$5

Day of Race

Adults \$20
Kids under 12 \$5

Checks made payable to CJ's Friends Helping Friends. (Donations accepted and appreciated.) **All proceeds benefit our family members and friends right within our own community.**

Mail applications to: CJ's Friends Helping Friends
c/o 218 Mill Road/ Red Hook, NY 12571
www.cjsrhinebeck.com

Print Name: _____

Street: _____

City/Town/Zip: _____

E-mail: _____

Age: _____

Tshirt Size S Med LG XL 2X

In consideration of my entry, I, the undersigned, intending to be legally bound for myself, and waive and release any and all claims for damages I may have against the sponsors, CJ's Friends Helping Friends, the Town of Rhinebeck, and all persons involved in the promoting or staging the race, arising out of all injuries by me while participating in CJ's Friends Helping Friends 5K FUN Race/Walk. I attest that I am fit and medically cleared to participate.

Signature: _____ Date: _____

Parent/Guardian's Signature: _____ (Under 18Yrs)