

2nd annual

SPRING MAY-hem

5K

Sunday
May 15, 2011
10:00 AM

COLUMBIA-GREENE
COMMUNITY COLLEGE
RT. 23, HUDSON, NEW YORK

ENTRY FEES:

\$16 pre-registration
\$15 ORC pre-reg discount
\$13 pre-reg 70+plus
\$20 Race Day for all



Onteora RC Grand Prix event

- >First 100 to pre-register receive t-shirts
- >Door prizes
- >Locker rooms - showers
- >Refreshments

>Overall awards to top 3
Male & Female

>Age groups: (3 MF)

12 & under; 13-16

17-19; 20-24; 25-29

30-34; 35-39; 40-44

45-49; 50-54; 55-59; 60-64

65-69; 70-74; 75-79; 80+plus

Walk Division

Top 5 male/female combined

NO Duplication of Awards

Complete Entry Form below or Register online at

<http://www.active.com/running/udson-ny/2nd-annual-spring-mayhem-5k-2011>

FOR INFO CALL (518) 861-6350 or email springmayhem5k@yahoo.com

Please Bring an UNEXPIRED
Dry Good Item

One person per entry form - please

Make checks payable to: **WHITE KNIGHT ENT.**

Check One: Run Walk

NAME _____ AGE _____ SEX _____ EMAIL _____

ADDRESS _____ PHONE# _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____ If under 18
Parent/Guardian

I waive and release all rights and claims for damages I might have against
Columbia-Greene Community College, the Town of Greenport, Olana Historic Site,
NYS Parks & Recreation and USATF.

Send to: **35 Whipple Way - Altamont, NY 12009**