

# Friends Helping Friends Run / Walk

"Actions Speak Louder than Words"

**5-K Run / Walk & 1 Mile Kids run**

(A Family Fun Event of giving back to the Community)

**DATE:** September 13th, 2013 (FRIDAY Eve) Rain or Shine

**TIME:** 6:00 PM (SHARP) Registration / Check in - 5:00 PM – 5:45 PM

**LOCATION:** CJ's Restaurant - 353 Old Post Rd Rhinebeck, NY (Next to Rhinebeck FORD)  
<http://cjsrhinebeck.com/>

**ENTRY FEE:** Entry \$ 15.00 ---- Pre Entry (Post Marked - September 1st / \$20.00 Post Entry - after Sept 1<sup>st</sup>) Kids - 12 - UNDER \$5.00

**MAIL ENTRY / PAYMENT TO:** CJ's Friends Helping Friends - Karen Peluso, 218 Mill Road, Red Hook, NY 12571. ----- Please make checks Payable to: CJ's Friends Helping Friends

**SHIRT SIZE :** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL\_\_\_\_\_ (Please check one)  
( T-Shirts to the First 100 Runners / Walkers to Register)

**CONTACT:** pelusokp@hotmail.com

-----  
(RACE WAIVER) -- Please print clearly - THANK YOU

\_\_\_\_\_ (First Name) \_\_\_\_\_ (Last)

\_\_\_\_\_ (Street Address)

\_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip)

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

\_\_\_\_\_ @ \_\_\_\_\_ (Email)

( ) \_\_\_\_\_ (Phone) --- ( ) \_\_\_\_\_ (Emer. Phone #)

No refunds, exchanges, or transfers. No animals will be permitted to accompany the runners. In consideration of accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town/Village of Rhinebeck, CJ's Restaurant, Friends Helping Friends Team, and any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event and my physical condition has been verified by a licensed medical doctor.

An additional \$1.00, \$5.00, \$10.00, other \$ \_\_\_\_\_ to benefit Friends Helping Friends  
(Hey, don't forget to sign your registration form!)

X \_\_\_\_\_ Date \_\_\_\_\_ 2013

(If 18 Under Please have Guardian Signature)