



Kerhonkson Day 5K Third Annual Run and Walk

September 13th, 2014
9:30am Sharp!

Scenic course through the streets of Kerhonkson and the Rondout Creek Rail Trail.

Check in and race-day registration at Kerhonkson Firehouse 8:00-9:15

Entry fee: \$10 before August 16st; \$15 on or after August 16st

Free T-shirt for the first 100 participants

Race start and finish on the Kerhonkson Green in front of the Firehouse.

Breakfast for runners after the races

Prizes by age group and everyone gets a chance to win a ducky in the Great Duck Race. Proceeds to benefit Friends of Historic Kerhonkson

For online registration and a map of the course, see

www.kerhonksonday.com

or email: friendsofkerhonkson@gmail.com

Cut on line and return bottom with a check payable to:
Friends of Historic Kerhonkson, ATTN: 5K Race PO 421 Kerhonkson, NY 12446

Name: _____

Mailing Address: _____

Phone: (_____) _____ Age: _____ Gender: _____ Shirtsizes _____

Email: _____

NO REFUNDS, EXCHANGES, OR TRANSFERS. NO ANIMALS MAY ACCOMPANY 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 Friends of Historic Kerhonkson, Town of Rochester, Town of Wawarsing, USATF and any and all sponsors, their representatives, successors and assigns for any and all injuries suffered by me in this even. 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.

Don't forget to sign here →>> _____