

9th ANNUAL

LAURA GIORDIANO MEMORIAL 5K RUN/WALK

SPONSORED BY SHAWANGUNK C.F. EMPLOYEE RECREATION COMMITTEE TO BENEFIT
THE AMERICAN BREAST CANCER FUND



FRIDAY, AUGUST 8, 2014

RACE/WALK START - 6:00 PM SHARP - WALLKILL/SHAWANGUNK CLUBHOUSE
200 BIRCH RD., WALLKILL, NY 12589

REGISTRATION:

\$25.⁰⁰ PRE-REGISTER by JULY 23rd w/payment & receive a free T-shirt

\$25.⁰⁰ DAY OF RACE - REGISTRATION: 4:30 - 5:30 PM - AT THE CLUBHOUSE

AWARDS:

⇒ OVERALL MALE & FEMALE IN RUN & WALK

⇒ 1ST THREE FINISHERS IN EACH AGE GROUP

⇒ *Special Awards to the 1ST MALE & FEMALE SHAWANGUNK C.F. EMPLOYEE FINISHER IN RUN & WALK*

CHILDREN'S FUN RUN \$2.⁰⁰ - REGISTER DAY OF THE RACE - PRIZES TO ALL PARTICIPANTS

FREE BBQ FOR ENTRANTS AFTER THE RACE - - - ALL OTHERS \$10.⁰⁰
Hamburgers / Hot Dogs / Salad / Soda / Beer / Wine

RACE DIRECTOR: SPERO CHUMAS E-MAIL: SCNY42@AOL.COM PHONE: 845-895-2760
RACE COORDINATOR: VICKI RIZZO E-MAIL: VICTORIA.RIZZO@DOCCS.NY.GOV PHONE: 845-895-2081 (EXT. 4101)

FOR APPLICATION: REQUEST BY E-MAIL & WE WILL E-MAIL YOU BACK AN APPLICATION

CHECK OR MONEY ORDER PAYABLE TO: SHAWANGUNK RECREATION COMMITTEE
MAIL TO: SHAWANGUNK CORRECTIONAL FACILITY
ATTN: VICKI RIZZO, IRC
PO Box 750, WALLKILL, NY 12589

YOUR SIGNATURE WILL INDICATE YOUR ACKNOWLEDGMENT THAT NEITHER SHAWANGUNK NOR WALLKILL CORRECTIONAL FACILITIES WILL BE LIABLE FOR ANY INJURIES SUSTAINED DURING THIS EVENT.

NAME: _____ **MALE () FEMALE ()** **AGE** _____
PRINT NAME DAY OF RACE

ADDRESS: _____ **PHONE #:** _____

SIGNATURE: _____
PARENT'S SIGNATURE for PARTICIPANTS UNDER 18 YRS. OLD

E-MAIL: _____

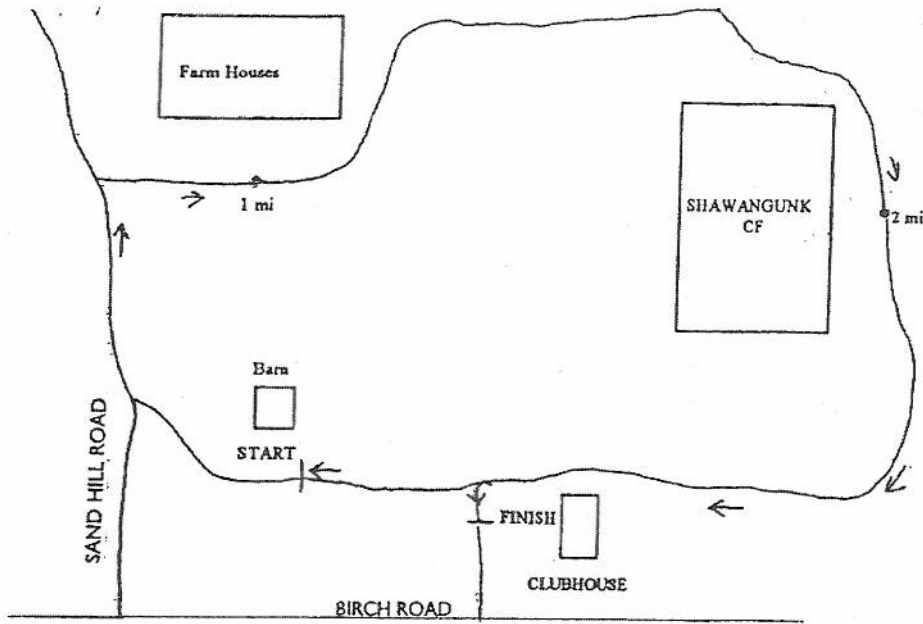
COMPETITION: RUN () WALK () HEAVYWEIGHT MALE RUN (200 lbs.+) ()
SHAWANGUNK EMPLOYEE: ()

SHIRT SIZE (FREE FOR PRE-REGISTERED): S () M () L () XL () XXL ()

AGE GROUPS: **RUN:** 15 & under 40 - 49 **WALK:** 29 & under
16 - 19 50 - 59 30 - 49
20 - 29 60 - 69 50 - 64
30 - 39 70 & over 65 & over

This is a Community 5K Run/Walk
The Course is Flat and Rolling Hills, with Scenic Views

(NO INMATES WILL BE PRESENT)



DIRECTIONS TO THE CLUB HOUSE

FROM THRUWAY/NEW PALTZ

Thruway Exit 18-New Paltz: After toll, turn left at light onto Rt. 299. At next light, turn left (Super 8 Motel on left) and continue until you come to a stop sign. Turn left onto Rt. 32. Take the immediate right (Jansen Rd) and continue until you come to a stop sign. Turn left onto Rt. 208 (south) for approximately 10 miles. You will see signs for Shawangunk Correctional Facility and Wallkill Correctional Facility on your right. Turn right onto Quick Road. At the blinking light, turn left. Continue on this road past Wallkill C.F. After you go around the sharp turn, the Club House will be on the right.

FROM NEWBURGH

Follow Rt. 300 until it intersects with Rt. 208 (at traffic light - Elsie's Place Restaurant on right). Turn right onto Rt. 208 and continue for approximately 2 miles. You will see signs for Shawangunk Correctional Facility and Wallkill Correctional Facility on your right. Turn left onto Quick Road. At the blinking light, turn left. Continue on this road past Wallkill C.F.; go around the sharp turn, the Club House will be on the right.

FROM ALBANY POST ROAD

Turn left or right, depending upon which direction you're coming from, onto Galeville Rd. Go over bridge, the road then changes to Birch Rd. - continue and the Club House will be on your left.

