

CATCH A RAE

5K Run, 5K Fun Walk,
1-mile run for students, Kids' races

SUNDAY, SEPTEMBER 22nd 2019

IN LOVING MEMORY OF ALEXANDRA RAE GRAVINO

Red Hook High School
7:30am – 8:45am Registration

9:00 5K run/ 5K fun walk
10:00 1-mile student run
10:15 Kids' races on track (ages 3-12)

Pre-Registration (by September 18)

5K Run/ Fun Walk & 1 mile run
Adults \$25 Students \$15
Kids' Races \$5

Day of Race

5K Run/ Fun Walk & 1 mile run
Adults \$30 Students \$20
Kids' Races \$5

ON LINE REGISTRATION AT www.GetMeRegistered.com

Check made payable to: Action for Alex. (Donations are accepted and appreciated.)

All proceeds benefit Action for Alex, including the Alex Rae Gravino Arts & Athletics Scholarships.

Please direct all questions to: catcharaerun@yahoo.com.

For mail-in applications, send to: PO Box 411/ Red Hook, NY 12571

Print Name: _____

Street: _____

City/ Town/ Zip Code: _____

E-mail: _____

Age: _____ Sex: _____ Date of Birth: ____ / ____ / ____

Circle t-shirt size

Circle race

YL S M L XL

5K Run 5K Fun Walk 1-mile Kids' race

T-shirts will be given to first 250 participants for 5k and 1-mile events only.

In consideration of your acceptance of my entry, I, the undersigned, intending myself to be legally bound, for myself, my heirs, executors, administrators, and assigns waive and release any and all claims for damages I may have against the sponsors, Action for Alex, Red Hook Central School District, the Town of Red Hook, the Village of Red Hook, the Recreational Park of Red Hook, race officials, their representatives, successors, and all persons or entities involved in the promoting or staging the race, arising out of all injuries suffered by me while participating in Catch-a-Rae Run.

Signature: _____ Date: ____ / ____ / ____

Parent/ Guardian's Signature: _____ (if under 18 years of age)

This is not a Red Hook School District-sponsored event.