



**Race Date: Sunday, May 15, 2016**  
**10K & 5K – 10:00am / 1 Mile – 11:30am**

**A race to support the outdoor program and youth leadership development activities of Boy Scout Troop 8 - Sawkill, NY**

Start Time:	Race:	before May 1, 2016	on or after May 1, 2016
10:00 a.m.	<b>10K Run</b>	\$25/per person	\$35/per person
	<b>5K Run / Walk</b>	\$20/ per person	\$30/per person
11:30 a.m.	<b>Family 1 mi Fun Run</b>	\$15/ per person.	\$20/per person

**REGISTRATION INFORMATION:**

**COURSE:** All races start and finish at the Sawkill Fire House, water stops on 5K/10K course. See courses on Race website

**AWARDS**

- Male & Female Age group awards (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) in both the 5K & 10K in the following groups: 9 & under, 10-14, 15–19, 20–29,30-39,40-49,50 -59,60--69,70 -79, 80& older
- In the Family 1 Mile Fun Run - All kid finishers ages 10 and under receive a prize.

**SHIRTS REFRESHMENTS AND OTHER INFO:**

- All participants who register by May 1 will receive a t-shirt. *A limited number of shirts will be available for late and race day entries.*
- Refreshments provided after the race.

For more information: Call 845-481-3043 or e-mail R2H@Troop0008.org  
 Visit [Troop0008.org/R2H](http://Troop0008.org/R2H) for all race details.

**Check in & Race Day Registration:** is at the Town of Kingston Town Hall 7:00am – 9:30am

**Name (Last)** \_\_\_\_\_ **(First)** \_\_\_\_\_ (please write legibly)

Male  Female Age (on day of Race): \_\_\_\_\_ Date of Birth (mm/dd/year) / / (must have this for results)

ADULT T-SHIRT SIZES (Check one):  S  M  L  XL  XXL

I am registering for the (Check one):  10K RUN  5K RUN/WALK  1 Mile Family Fun Run

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

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (H) (\_\_\_\_) - \_\_\_\_ (C) (\_\_\_\_) - \_\_\_\_ Email: \_\_\_\_\_

**Bib #**

*I am entering this event with full knowledge that I could easily be hurt or face life-threatening injuries. I state that I have trained and am in proper physical condition and there is no medical reason that I should not participate in this event. I fully assume all risks of injury, illness or death, and release covenant not to sue, and discharge the Troop 8, all volunteers, the Town of Kingston, all actions, claims or demands for damages arising out of my participation in this event. The forgoing release is binding upon me personally, as well upon my heirs, executors, and administrators, and all members of my family, or anyone else who might make claim on my behalf. Furthermore, I hereby grant full permission to use my name and photograph, videotapes, or other record of this event for the Troop 8's and the Run To the Hills' promotional purposes*

Signature \_\_\_\_\_ \* Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**\*(Parent or guardian must sign for any participants under the age of 18 years.)**

Total Enclosed: \$ \_\_\_\_\_ Make checks payable to: **Troop 8**

**Online Registration:** [Troop0008.org/R2H](http://Troop0008.org/R2H) \* There is an additional small fee to register online.

**If registering by mail or in person, please print, complete & sign a separate registration form for each participant. – Sorry No Refunds.**

By Mail: Run To Hills 5K/10K  
 c/o Century Learning  
 25 Van DeBogart Road  
 Woodstock, NY 12498

In Person: Sawkill Fire House  
 896 Sawkill Road  
 Kingston, NY 12401  
 Tuesday Evenings 7-8:30pm