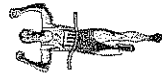


10th Annual The Pound Ridge 5K Road Race &

Races for Kids



When:

Saturday, July 4, 2009
9:00 AM (5K)
10:00 AM-11:00 AM (Kids' Races)

Starting Points:

5K: Pound Ridge Elementary School (Rte 172)
Kids: Pound Ridge Town Park

Route:

5K: Pound Ridge Elementary School, left on Rte 137, right on Rte 124, a right on Trinity Pass, a right on Landt Lane, a left on Indian Hill, a left on Fox Run, a right on East Woods, bear right on Fancher, a right on Westchester Avenue to the Pound Ridge Town Park.

Registration:

\$10.00 for the 5K Race, \$5.00 for Children's Races, until June 19. After June 19; \$15.00 5K Race, \$10.00 Children's Race. Everyone who registers receives a T-shirt to be picked up at the Pound Ridge Recreation Office or on the day of the race. Registration forms are available at the Pound Ridge Recreation Office (764-0947). Runner's numbers will be available at the registration table at Pound Ridge Elem. School (5K) and the Pound Ridge Town Park (Kids' Races). The registration table will open at 8:00 AM at Pound Ridge Elementary School on the day of the race.

Awards:

Winners will receive gift certificates & cash prizes. All children will receive water bottles and ribbons.

Refreshments:

Water, juices, sport drinks, coffee, bagels, donuts will be offered at the finish line compliments of Scotts Corners Market

Parking:

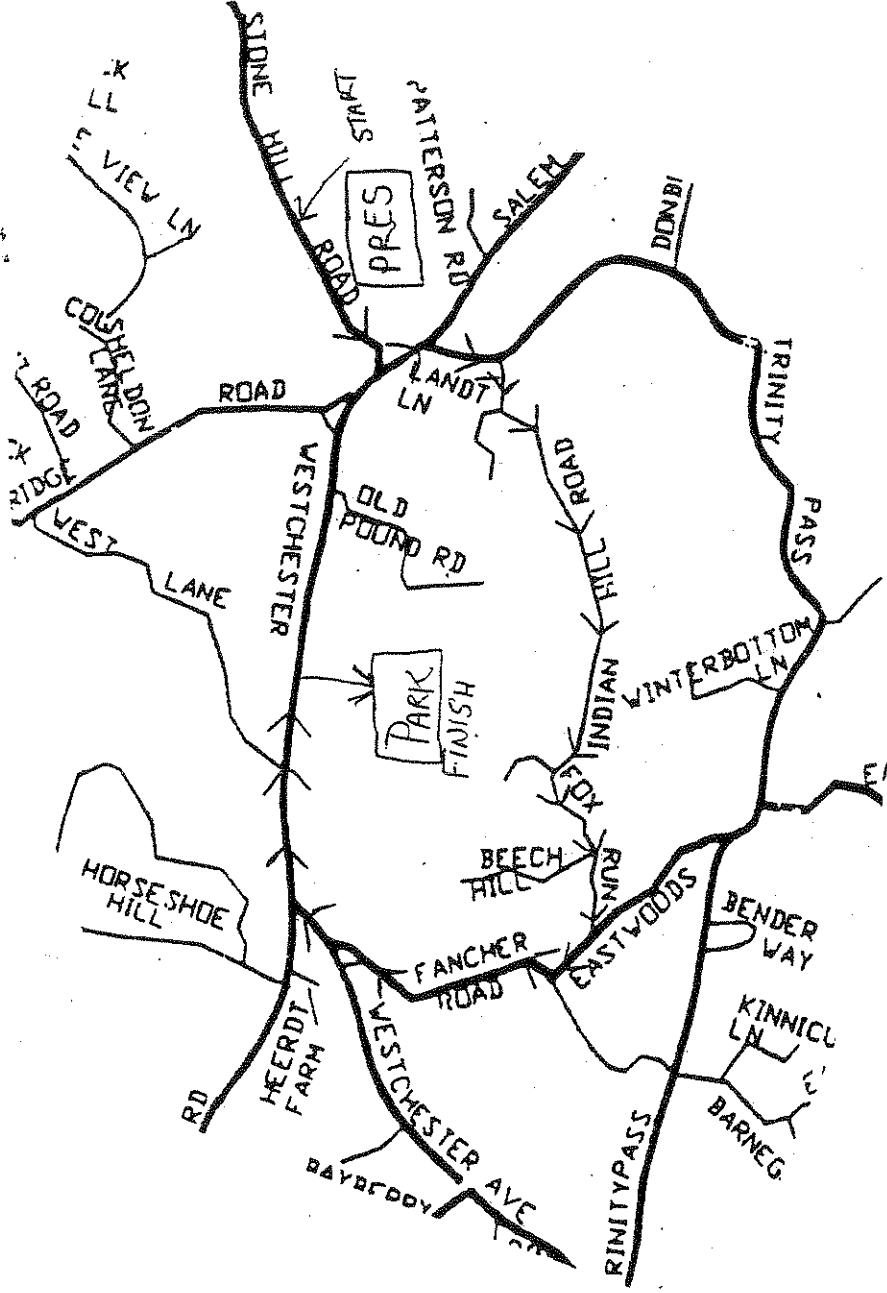
Pound Ridge Elementary School and the Pound Ridge Town Park. There will be a shuttle bus running every 10 minutes between the Town Park and Pound Ridge Elementary School beginning at 8:00 AM.

Other:

Face painting, clowns, music and more at the finish line in the town park. Bring your whole family!

To register fill out the information on the reverse side of this form

The 5K Race : From Pound Ridge Elementary School through the beautiful Pound Ridge countryside and finish at the Town Park



5K: Pound Ridge Elementary School, left on Rte. 137, right on Rte 124, a right on Trinity Pass, a right on Landt Lane, a left on Indian Hill, a left on Fox Run, a right on East Woods, bear right on Fancher, a right on Westchester Avenue to the Town Park.

Registration Form

Name: _____ Age on 7/04/09 _____

Address: _____

Town: _____ State: _____ Zip: _____

E-Mail: _____

Event: (Circle One) 5K Kid's Races

Shirt Size:(Circle) Adult M L XL XXL
Children S M L XL

Fee:5K Race \$10.00 ; Kid's Races \$5.00 before June 19. After June 19: 5 K \$15.00; Kid's Races \$10.00

Make checks out to: **Town of Pound Ridge**

Mail To: **Pound Ridge Recreation, 179 Westchester Ave., Pound Ridge, NY 10576**

Please read and sign this waiver

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, heirs, executors, and administrators, waive and release any and all rights and claims of damages I may accrue against the directors and operators of the Pound Ridge Millennium 5K Race, their successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace or walk entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I hereby grant full permission to any and all of the foregoing to use photograph, recordings, or any other record of this event for any legitimate purpose.

Signature: _____
(Parent/Guardian, 18 &over)

Date: _____