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| C:\Users\david budd\Downloads\IMG_4235 (1).JPG | **The Memorial CJ – 5k**  **& Kids Mile** | | | [See full size image](http://www.istockphoto.com/file_thumbview_approve/9932681/2/istockphoto_9932681-runner-silhouettes.jpg) |
| **Date:**  **Time:**  **Kids Run**  **5k Race:**  **Place:**  **Race Day Registration:**  **Fee: (NO REFUNDS):**  **Pre-registration ends March 23rd for t-shirts**  **Awards:**  **Info:**  **Pre-registration:**  **Restrictions**: | **Saturday April 6, 2019 rain or shine**  **8:30 am 1 Mile Kids Run** for all kids under age 12 followed by the **5k race/walk at 9:30 am**  Will take place on the RCK track  3.1 mile loop starting at RCK High School around Lake Oniad and finishing back at the RCK High School. **“The Lake Run”** | | | |
| Roy C. Ketcham High School  **Opens at 8:00 am**  **Kids Run: $5.00** (**no t-shirt**)  **Pre-registration: $20** w/ free t-shirt  **Race day registration is $20.00 & NO shirt**  Shirts will be sold for $10.00 the day of while supplies last | | [See full size image](http://forumcorporation.files.wordpress.com/2009/05/runners-silhouette-clip-art3.jpg) | |
| Male: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and up  Female: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and up  RCK Alumni: male and female top finisher  RCK Faculty: male and female top finisher  RACE winner’s trophy for top male and top female runner  David Budd 845-298-5100 x 31045 or [David.Budd@wcsdny.org](mailto:David.Budd@wappingersschools.org)  Make checks payable to RCK Track and Field Booster Club and mail to  David Budd, Roy C. Ketcham High School, 99 Myers Corners Road, Wappingers Falls, NY 12590  No rollerblades, skateboards, bikes, dogs, showers | | | |
| I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to, falls, contact with other participants, and the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, 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 claims for damages I may have against Wappingers Central Schools, RCK Track and Field Booster club, Town of Wappingers, Race Director(s), and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event. I also release my right s to any photos, videos, images, etc. taken of me during this event. | | | | |
| Name: (print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Zip code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **(Parent’s signature if under 18)** | | Age: \_\_\_\_\_ Gender: M F  Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Tee shirt size: S M L XL XXL  RCK grad: Y N YEAR: \_\_\_\_\_\_\_\_\_\_  Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WCSD Employee: YES or NO | | |

**ALL PROCEEDS BENEFIT THE RCK XC/TRACK AND FIELD TEAMS**