

Holy Spirit School and KART (Kids Are Runners Too) present:

 **“Rally to Run” 5k** 

Portion of the proceeds to benefit Juvenile Diabetes

Saturday, November 14, 2009

Fun Run 9:30am • 5K Race 10:00am

Registration 8-9am

5K Corporate Sponsor: Siena College

Registration fee: <input type="checkbox"/> \$25.00 - prior to race (by 10/30/09) <input type="checkbox"/> \$30.00 - day of race <input type="checkbox"/> \$20.00 - student rate <input type="checkbox"/> \$10.00 - 1 mile fun run for kids	Race Location: Holy Spirit School 54 Highland Avenue East Greenbush, NY 12061 (518)477-5739
Register online or mail payment: albhss@rcdaschools.org or Holy Spirit School 54 Highland Ave East Greenbush, NY 12061 Attn: Rally to Run 5K Race Questions call: Cherie Williams @ 518-339-3308, cherwill92@hotmail.com or Robin Merrill @ 518-527-8170 or rmerrill@nycap.rr.com	<ul style="list-style-type: none">• Great race for all levels• Run or walk the 5k• Teams Welcome• On-line registration• Mile markers• Age divisional awards• Free t-shirt• Post Race Party: Random PRIZE drawing

-----Detach Here-----

Name _____
Address _____
Phone _____ Email _____
Age _____ Date of Birth _____ Sex(circle one) M F
In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against the Town of East Greenbush, and any and all sponsors and their representative and any official or participant of any injuries I may suffer in conjunction with this race. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. WAIVER – Please sign below:
Signature _____ Date _____
Parent’s Signature(required for minor under the age of 18 years) _____

