

33rd Run Like the Wind 5 & 10K Run & 5K Walk PASTA Buffet & CRAFT BEER GARDEN **Six + NY Breweries** **Sunday May 15th, 2016**

Start & Finish: Liberty Square in the heart of Downtown Ellenville
 5K Run & 5K Fitness Walk at 9:30am, 10K Run at 9:45am, Kids Races at 12pm
 Race Course: 5K & 10K Certified. Water stops & chip timing
 Pasta Buffet & Beer Social at Aroma Thyme (just down the block)
 165 Canal St, Ellenville, NY



Registration:

For either 5K Run or Walk or 10K Run, a \$25.00 Entry Fee postmarked by May 10th, 2016 or \$27.00 on race day. Make checks payable to RUN LIKE THE WIND
 Pasta Buffet included for runners. \$5 for non runners. Beer is a cash bar.
 Pre-register in person at Aroma Thyme, 165 Canal St before 5pm Saturday May 14th, 2016
 Mail entries to PO Box 484, Ellenville, NY 12428
 For more information call 845.647.3000
 or email us at Info@EllenvilleRunLikeTheWind.com

Race packet pickup and day of race registration from 8:00 to 9:15am at Liberty Square

Visit our website: EllenvilleRunLikeTheWind.com

Awards: Commemorative canteens & race goodie bags for the first 250 Runners/Walkers registered
 Awards & prizes to the Top 3 male & female finishers in each age group in the
 5K & 10K runs only, with awards for overall winners in Age Groups:
 12-Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+
 Kids Races: Contact the Ellenville Cooperative Nursery School
 for more information at 845.647.6405

Have you previously participated in the Run Like the Wind? YES NO
 If YES, check which event(s) 5K 10K 5K Fitness Walk

Name _____
 Email _____
 Phone (_____) _____
 Address _____
 City _____ State _____ Zip _____
 Birth Date: ___/___/___ Age _____ Sex: M ___ F ___

2016
Registration
(Check one)
 5K _____
 10K _____
 5K Walk _____

In consideration for accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have against the Village of Ellenville. The Ellenville Central School, Ellenville Run Like the Wind 10K Inc., Ellenville First Aid & Rescue Squad Inc., race organizers & officials, any and all unnamed sponsors and volunteers, their representatives and successors for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for this event and my physical condition has been verified by a licensed Medical Doctor.



Signature _____ Date _____

Parent Signature if under 18 years old _____ Date _____