

2nd Annual

Bluehawk Blast 5K Run/Walk

Sponsored by the Hudson High School
Class of 2011

Sunday, October 3, 2010

5K Run/Walk 9:30 am - Kids' Mile 9:15 am

Hudson High School

Harry Howard Avenue, Hudson NY

Registration 8-9am; to preregister send form and fee to: Class of 2011 Bluehawk Blast 5K, c/o Hudson High School, Harry Howard Avenue, Hudson, NY 12534

Race Fee: \$15 adults; \$5 kids 18-under

Age Group and Overall Prizes! T-Shirts to First 100 Entrants!

Mostly Flat, Fast Course! Run for Fun and Fitness!

Name _____ Age _____

Address _____

Phone _____

Circle One: 5K Run 5K Walk 1 Mile (Kids 13-under)

Circle One: Female Male

Grade in School, if applicable: _____

T-Shirt Size, Circle One: S M L XL

Please read and sign: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I might have against the Hudson City School District and any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race.

Signature _____

Parent/Guardian Signature (if under 18) _____

