

Highland Falls Annual 4th of July

Firecracker 5K & Children's Fun Run

July 4, 2019 at 8:00am

Race Information:

Runners and walkers will participate in the 5K starting at Dunkin Donuts and will go on a local designated route beginning at 8am. The race will be rain or shine.

There is a \$20 registration fee for both runners and walkers. Race Day registration is \$25.00. Shirts will be available to the first 175 applicants. There are no fees for the Children's Fun Run which starts shortly after the last runner/walker crosses the finish line. You can obtain an application online at www.highlandfallsny.org or you can register online at: <https://raceroster.com/events/2019/22599/highland-falls-annual-4th-of-july-firecracker-5k-and-childrens-fun-run>

Packet Pick Up:

All packets will be available starting at 6:30am at the Gazebo on the corner of Main and Mountain Avenue, Highland Falls NY. You can also pick your packet up the night before at the same location between 5-8pm

Course Description:

The race is 3.1 miles long and is a relatively flat fast course. The start line is at the Dunkin Donuts, 310 Main Street, Highland Falls and finishes at the intersection of Mountain Avenue and Main Street.

Awards:

Prizes will be given in all age groups male and female 1st, 2nd & 3rd place and top male and female overall. 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and above

For Additional Information:

Dean Jaeger Dean1476@aol.com Vicki Jaeger Moofrogger@aol.com

Mail Entry Form and make Checks payable to:

Dean Jaeger
PO Box 769
Fort Montgomery, NY 10922
Attn: HF 4th 5K Run/Walk

NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

RUN: _____ WALKER: _____

Email Address: _____

Adult Shirt Size: Small _____ Medium _____ Large _____ XLarge _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Village of Highland Falls, Town of Highlands, The Independence Day Committee and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)

Date