

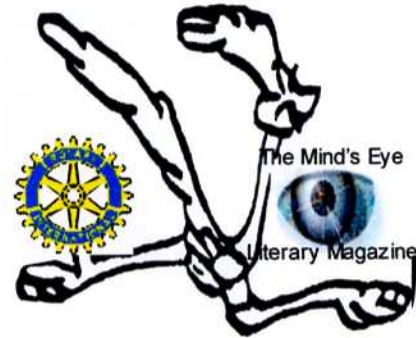
# 30th ANNUAL SALEM APRIL FOOL'S RACE

Run in scenic and historic Salem, N.Y. Numerous prizes and fun for all--expert or novice runners. The scenic runs begin at Salem High School and end there.

**Date:** Saturday, April 4, 2009

**Time:** 10:00 AM 1 mile children's race (ages 14 and under)  
10:10 AM 10K race  
11 AM 5K race and 5K Walk

**Entry Fee:** \$12.00 registration on race day  
\$ 10.00 if registered before April 1  
\$ 6.00 for 1 mile race (pre-race or race day)  
(you can run in two races for one entry fee)  
All entrants will receive an April Fool's T-shirt



**Awards:** 1 mile - all entrants will receive a ribbon  
5K and 10K - awards for first place in each race  
awards for first in each age group (no duplicates)

**Age Groups:** 1 mile: 5-6, 7-8, 9-10, 11-12, 13-14  
5K, 10K: 14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+, 70+,80+

**Records:** 5K (M) David Twarog 15:45      10K (M) Barry Brown 31:07  
5K (F) Lori Hewig 17:01      10K (F) Amy Herold-Russom 36:54

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In consideration of your 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 may have against the following organizations: the Salem Racing committee, the Salem Central School, the Town and Village of Salem, the Salem Rotary Club, and their representatives, successors, and assigns, for any and all injuries suffered by me in said event of April 4, 2009. I verify that I am physically fit and have sufficiently trained for the completion of the races I enter.

**Signature** \_\_\_\_\_ **Parent Signature** \_\_\_\_\_  
(required if entrant is under 18 years old)

(Please print)  
**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Email** \_\_\_\_\_

**Race:** 1 mile \_\_\_\_\_ 5K \_\_\_\_\_ 10K \_\_\_\_\_ 5K Walk \_\_\_\_\_

**T-shirt size:** Adult's small \_\_\_\_\_ medium \_\_\_\_\_ large \_\_\_\_\_ x-large \_\_\_\_\_

Make checks payable to: **The Salem Racing Committee**  
Send to: Dan Sheldon, 4361 State Route 22, Salem, NY 12865 phone: 518-854-9262