

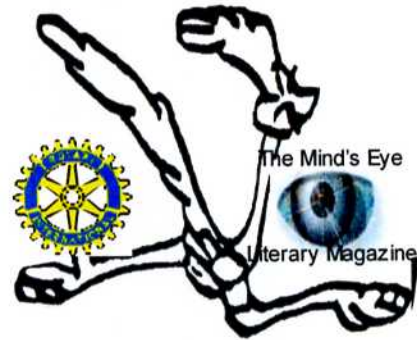
31st ANNUAL SALEM APRIL FOOL'S RACE

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 3, 2010

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 www.aprilfoolsrace.com
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

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 3, 2010. 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