

4th Annual Arlington Education Foundation 5K Run / Walk & Kids Runs

Sat. April 25, 2020



8:30 am - 1 Lap Fun Run (5 & under)
8:45 am - 1 Mile Kids Run (10 & under)
9:00 am - 5K (All ages)

- Location: Arlington High School, Lagrangeville, NY
- Online Pre-Registration: **Deadline Thursday, April 23, 2020**
- Race Day Registration: Opens at 7:30 am
- Sponsorship Opportunities: www.arlingtonschools.org/aefny
- Post-Race Refreshments, Raffle Baskets, Face Painting

Pre-Registration Race Fees

5K: \$20 for Adults, \$15 for ages 11-19,
\$10 for Kids 10 & under

1 Mile Kids Run: \$5 for Kids 10 & under

1 Lap Fun Run: \$5 for Kids 5 & under

Pre-register by Wednesday, April 8th to receive a free t-shirt

Pre-registration **packet pick-up**:
Friday, April 24th, 4-7 pm, AHS Sports Lobby

Race Day Fees

\$30 for 5K
\$10 for 1 Lap Fun Run & 1 Mile Kids Run

Awards

5K Men & Women
Ages 18 & under, 19-29, 30-39,
40-49, 50-59, 60-69, 70+
Kids Runs
Ages 5 & under, 6-10

** Please no dogs, headphones or roller blades **

Register Online www.arlingtonschools.org/aefny

or Mail form/payment to:

144 Todd Hill Rd, Lagrangeville, NY 12540

Name: _____

School Attending: _____

Date of Birth: ___/___/___

Race: 5K 1 Mile Kids Run

T-Shirt: YM Adult: S M L XL

Gender: M F Phone () ___-____

Address: _____

_____ Zip _____

E-Mail: _____

I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to, falls, contact with other participants, the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Arlington Education Foundation, Town of LaGrange, Arlington Central School District, sponsors, Race Director, and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event. I also release my rights of any photos, videos, images, etc. taken of me during this event.

Signature: _____

Parent's signature if under 18

Checks payable to Arlington Education Foundation

REGISTRATION