

Great Mom's 5K & 10K Family Race

organized by Bethlehem Area MOPS

(proceeds will go to the Bethlehem Community Fund <http://bethlehemcommunityfund.org> &

"Girls on the Run" <http://www.girlsontherun.org>)

Saturday, April 25, 2015 at 9am

Kid's 1/4 mile & 100yd following races

Start/End at Maple Ridge Park, Selkirk

(PARKING IS LIMITED, SO PLEASE TRY TO CARPOOL)

FEE: \$20 individual; \$50 for the whole family (up to 8 family members)

(Please fill out a form for each member)

(After April 15th - fee is \$25 individual; \$60 for the whole family)



T-Shirt and Packet pickup will be available Friday, 4/24 between 7-8pm at Delmar Reformed Church
Saturday, April 25th between 8-8:45am in the Maple Ridge Park Pavilion.

Please send in bottom portion

Circle One: 5K or 10K

Name (Last, First)

Address

City, State, Zip

Phone, Email

Emergency Contact Name, Phone Number

Signature Waiver: I know that walking/running a road race is a potentially hazardous activity. I should not enter unless I am medically able and in good health. 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 MOPS organization, the Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Age Gender T-shirt size (Youth sizes, Adult S,M,L,XL)
(only for pre-registrants)



Meets at Delmar Reformed Church
2nd & 4th Wednesday 9:30-11:30
Childcare Provided

Check out our website for up to date information regarding the race
www.greatmomsfamilyrace.weebly.com

Please make checks payable to DRC MOPS,
memo line Great Mom's Fun Run

Send completed form and check to:

DRC MOPS
ATTN: Kathy Brown
386 Delaware Ave
Delmar, NY 12054

Better Moms Make A Better World