SMVFD

This year's race is in memory of Bill Laube and
Smallwood Fire Fighters Dave Silverman and Ron Miller

Fighting Fires 5k run/walk around scenic Smallwood Lake.

Fast and scenic course

Sunday, July 1st, 2018

Walkers @ 8:30, Runners @ 9:00am

Free post race refreshments, awards and T- Shirts.
Chip Timing by SecondWindTiming.com.
Overall Male and Female awards for runners & walkers.
1st, 2nd & 3rd place for runners in each age group.
There will be an age group for men and women.
The categories will be:

12yrs and under	**13yrs-19yrs**	**20yrs-29yrs**	**30yrs-39yrs**
40yrs-49yrs	**50yrs-59yrs**	**60yrs-69yrs**	**70yrs & over**

Entry Fee- $20 to pre-register by June 24th $25 to register day of the race
Pre-registration must be postmarked by June 24th, 2018, please make checks out to:
SMVFD, c/o Matt Burns
89 Crumley Van Vactor Rd.
Ferndale, NY 12734
Register online at https://raceroster.com/events/2018/18646/smvfd-fighting-fires-5k
All proceeds will benefit the Smallwood-Mongaup Valley Volunteer Fire Department
Directions: Exit 104 off Route 17, then take 17B west, go about 7 miles, make a left turn on Ballard Rd. (it's the 1st left after Airport Rd.) Go straight until you come to the
Smallwood Mongaup Valley Fire Department.
For more info call Matt Burns at 1-845-807-8209
Or e-mail **fightingfires5k@yahoo.com**

Waiver

I know that running and volunteering to work in SMVFD races are potentially hazardous activities. I should not enter and run in the SMVFD race unless I'm medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the SMVFD run. I assume all risks associated with running and volunteering to work in SMVFD races including but not limited to: falls, contact with other participants, the effect of weather, including high heat and/ high humidity, the conditions of the road, and traffic on the course. All risks having been known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself, and anyone entitles to my behalf, waive and release the SMVFD race, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this SMVFD activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name:_____
Address:_____City:_____
State:_____Zip:_____Phone #:_____
E-mail Address_____
Age (on race day)_____Birthday: _____
Sex: Male Female (circle one) Shirt: S M L XL XXL (circle one)
Fees: $20 pre-registration $25 race day
Signature of runner:_____Date_____
Parent's signature (if under 18)_____Date_____
Runner_____ **Walker**_____