



**5<sup>th</sup> Annual  
DENNING'S POINT 5K TRAIL RACE  
in BEACON, NY**

**To benefit: BEACON COMMUNITY CENTER**

**Saturday August 8, 2009, 9:00 am (Rain or Shine)**

Organized by the Beacon Runners Club

**Walkers welcome**

**Prizes and Raffle sponsored by Mountain Tops on Main St. in Beacon, Vasque Footwear & Darn Tough Socks**

**Location:** Hudson Estuary Trail, southern end of Metro North parking lot in Beacon, 1 mile south of Newburgh-Beacon Bridge

**Course:** Flat – First mile is along the shore of the Hudson River on the Riverfront Trail, second mile is a loop of Denning's Point, and third mile is a return along the Estuary Trail. Trail has loose rocks and bricks, roots, and can be muddy

**Registration:** Southern end of Metro North parking lot, 8:00 am to 8:45 am

**Entry Fee:** Runners/walkers \$15.00 pre-registered, \$20.00 day-of-race

T-shirts to first 100 registrants (**Limited race day t-shirts**)  
Please make checks payable to *Beacon Community Center*  
Mail checks and application to Phil Shea, 32 Lincoln Ave, Beacon, NY 12508

**Contact:** Phil Shea, 845-831-4158 or Scott Davis, 845-297-3973  
Denningpoint5k@yahoo.com

**Awards:** Male/female age groups: ≤19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Restrictions:** No dogs, strollers, headsets, or bikes



Refreshments for all participants following the race

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Waiver: I know that running a race is a potentially hazardous activity and that I should not run unless properly trained and medically able. 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 Beacon Community Center, the city of Beacon, the New York State Department of Environmental Conservation, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name \_\_\_\_\_ age on race day \_\_\_\_\_, Sex: M / F

Address \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

City/State/Zip Code \_\_\_\_\_

Signature \_\_\_\_\_ Phone \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

T shirt size \_\_\_S\_\_\_M\_\_\_L\_\_\_XL