

The Deposit Lumberjack Festival

Proudly Presents the

10<sup>th</sup> Almost-ANNUAL

Lumberjack Festival 5K Run

and 1 Mile Health Walk

SATURDAY JULY 16, 2011

10:00 AM Sharp; Rain or Shine!

Registration at 9:00AM at Firemen's Field, Deposit

Trophies plus \$50.00 to 1<sup>st</sup> Overall Male and Female

Trophies to the top runner in each age group

Free T-shirt for the first 75 registrants

CERTIFICATES TO ALL FINISHERS IN THE 5K RUN AND WALK

Top TEAM of 3 participants receives a trophy

*\$15 Pre-Race Registration Until July 12<sup>th</sup>*

*\$18 Race-day Registration*

Beverage Stops and Snacks for Racers

Questions? Email David Bergstrom at [dfrg@pobox.com](mailto:dfrg@pobox.com)

OR

Leave a message for Mary Hogan 607-467-3775

Proceeds to benefit the Deposit Family Recreation Group to fund a new community sports and recreation facility.

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Registration: Please email your pre-registration to:

[4162.anita@gmail.com](mailto:4162.anita@gmail.com) (pay when you arrive)

Or mail with a check payable to DFRG to:

Mary Hogan, 252 Farnham Road, Windsor, NY 13865



Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_ Gender: \_\_\_\_\_

Phone: \_\_\_\_\_ Walk( ) or Run ( )

Email: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

By signing this registration form, I acknowledge that Tommy Hart, the Village of /Deposit, Deposit Family Recreation Group, and all organizers of the Lumberjack Festival are free from fault if I am accidentally hurt during this race. I also acknowledge that this race is for fun and fun alone, and to raise monies for the DFRG. By signing this tear-off, I am indicating that I understand it is important to warm up my muscles prior to the running/walking of the event I participate in, and that certain health conditions may not favor this type of physical activity. I also acknowledge the need to eat properly before and after the race to and ensure that I am properly hydrated.

Signature (required) \_\_\_\_\_