



# SMVFD

This year's race is in memory of Kathe Scott  
*Fighting Fires 5k* run/walk around scenic Smallwood Lake.

Fast and scenic course

**Sunday, July 3rd, 2016**

**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.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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 28<sup>th</sup>        \$25 to register day of the race

**Pre-registration must be postmarked by June 27<sup>th</sup>, 2016, 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/2016/9304/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 1<sup>st</sup> 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](mailto: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** \_\_\_\_\_