

**Jeff Jam 5k and 10k Race
Saturday, August 7, 2010**

Race Start Times:

5k 9am

10k 10am

Walkers start 30 minutes before each event.

Jeff Jam offers:

--Heavyweight gold hooded sweat shirt for all runners and walkers (it'll be cold before you know it! These items retail for \$27.99)

--Post race burgers, hot dogs and beer provided by the Rhinebeck Brewing Company (you must be 21 for beer)

-- The awards are commemorative 16 ounce glasses.

--the chance to see Jeffersonville on a beautiful summer day!

Awards for Overall Male and Female runners & walkers

1st, 2nd & 3rd place for runners in each age group

The categories will be:

14 and under 15-19 20-29 30-39

40-49 50-59 60-69 70 and over

Walkers awards will be top 3 in 0-40 and 40 and over age groups.

Samples of the hooded sweatshirts and awards glasses are here:

www.fastfinishes.net

Entry Fee- \$17 to pre-register by August 5 (online at

www.getmeregistered.com

\$21 to register day of the race

\$23 to do both races (Pre-reg) or \$28 to do both races (race day)!

\$5 discount to all runners who also register for the Monster Classic 5k and 10k or the Callicoon River Run!

What I'm saying is that you can run a 5k and a 10k for \$23, or only

\$18 if you also do the Monster Classic or Callicoon River Run!

Pre-registration if mailed must be postmarked by August 1, 2010

FastFinishes.net

682 Masthope Plank Road

Lackawaxen PA 18435

Questions/comments: 570 470 4922 or email mark@fastfinishes.net

Certified course:

http://www.sullivanstriders.org/usatf_cert_map_jeff_jam5k.jpg

Chip timing by FastFinishes.net

Name:

Age:

Gender:

Address:

Phone:

Email:

Race (please circle your choice. Circle only one)

5k Run

5k Walk

10k Run

10k Walk

5k and 10k Run

5k and 10k Walk

I know that running a road race is potentially a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, lightning, high winds, and extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Jeff jam Road Race, event volunteers, the City of Jeffersonville NY, its sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Entry fee will not be returned due to "acts of God. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE (If under 18 years)

_____ DATE _____