

DELHI
COVERED BRIDGE RUN
10K Run - 5K Run - 5K Health Walk



16th Delhi Covered Bridge Run

10K Run-5K Run-5K Health Walk

Saturday June 4, 2011 Delhi, NY

Registration 7:30 AM – 8:45AM at the Courthouse Square Main Street (St. Rte 10) Delhi, NY
9:00 AM Race Start (All Events; 10K Run – 5K Run- 5K Health Walk)
Fees: Pre-registration - \$18 , Day of Race - \$25

REGISTER ONLINE AT: www.thecardioclub.com

5K Run & 10K Run Awards

1st overall \$\$\$ Cash Prize! (M&F)
Awards to top finisher in each age division

Administered by:



Brought to you by:



Please sign and return completed entry form with **check payable to Greater Delhi Area Chamber of Commerce** to Delhi Covered Bridge Run PO Box 46 Delhi, NY 13753.

For more information **CALL Amy Beveridge at 607-278-5461 or EMAIL delhichamber@delhitel.net**

Proceeds to Benefit two college scholarships for local students and a donation to Hospice Camp Forget-Me-Not.

I will be participating in the 10K RUN 5K RUN 5K Health Walk

Last Name _____ First Name _____ Male/ Female Age on June 4th _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ T-shirt Size S M L XL

Should problems arise, notify _____ Phone () _____.

I understand that walking or running could cause serious strain or injury to my body. I therefore hold harmless C.L.A.S.I (Catskill Ladies Association to Support and Inspire) and the Greater Delhi Area Chamber of Commerce, and all other sponsors for any damage which may occur to me. I also attest that, to the best of my knowledge, I am in good physical health and am in condition to enter this event. Parent or guardian must sign if participant is under 18 years of age.

Participant or Parent/Guardian Signature _____ Date _____