

**When:**

Saturday, August 10, 2013 at 8:30am

**Where:**

The race will begin and end at James W. Olley Community Park, East and Sherman Avenues in Walden

**Course:**

The winding 6K loop course runs through the Village of Walden. The course will be blocked to traffic. Water stations and split times will be located at intervals throughout the race. An emergency medical unit will be in attendance. In addition, this year we will be using the electronic number timing system.

**Cost:**

\$20 Pre-Registration before August 1, 2013  
\$25 Race Day Registration

**Registration:**

You can register by this form, with form received no later than August 1, 2012.

Registration tables will be set up Race Day prior at James W. Olley Community Park, located at East and Sherman Avenues in Walden, at 7:30am.

**Awards & Age Groups, Male & Female:**

Top Three:	12 and under	Top Three:	40-44
Top Three:	13-15	Top Three:	45-49
Top Three:	16-19	Top Three:	50-59
Top Three:	20-24	Top Three:	60-69
Top Three:	25-29	Top Three:	70+
Top Three:	30-34	Top Three:	
Top Three:	35-39	Top Three:	

**Refreshments:**

Refreshments will be served after the race.

**6K Run Application**

Use separate applications

**Make check payable to:** Village of Walden

**Mail to:** Michael Bliss c/o Village of Walden, One Municipal Square, Walden, NY 12586  
(845) 778-2655 waldenrec@yahoo.com

<b>Name</b>	<b>Male</b>	<b>Female</b>	<b>Phone</b>
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<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
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<b>Age</b>	<b>t-shirt size</b>	<b>Youth</b>
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<b>10K Personal Best</b>	<b>Date</b>
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<b>Signature</b>	<b>Date</b>
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I, the undersigned, for myself, my executors, administrators, heirs, next of kin, successors and assigns, hereby waive and release any and all claims that I may have against the State of New York, County of Orange, Town of Montgomery, Village of Walden and their directors, members, volunteers and employees.

I further certify that I have read this application in it entirely and that my health has been approved by a licensed medical doctor.

**Parent/Guardian's Signature** (if under 18 years old)

**6K Walkers Application**

Start behind runners  
For all ages

**Registration:** \$10 fee includes t-shirt **Non-Competitive**

**Refreshments:** Will be served after the race.

<b>Name</b>	<b>Male</b>	<b>Female</b>	<b>Phone</b>
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<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
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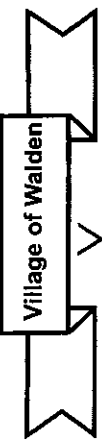
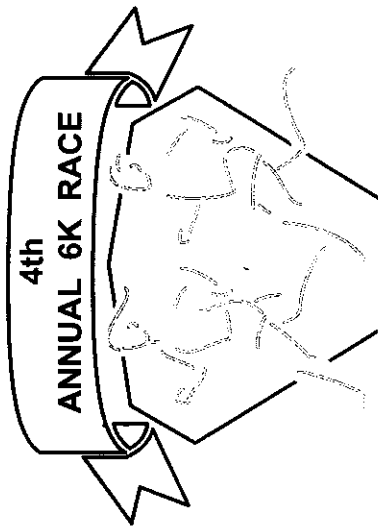
<b>Age</b>	<b>t-shirt size</b>	<b>Youth</b>
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<b>Signature</b>	<b>Date</b>
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I further certify that I have read this application in it entirely and that my health has been approved by a licensed medical doctor.

**Parent/Guardian's Signature**



*In Memory of Rod MacDonald*

**Saturday  
August 10th  
2013**

**8:30 am**

**James W. Olley  
Community Park**

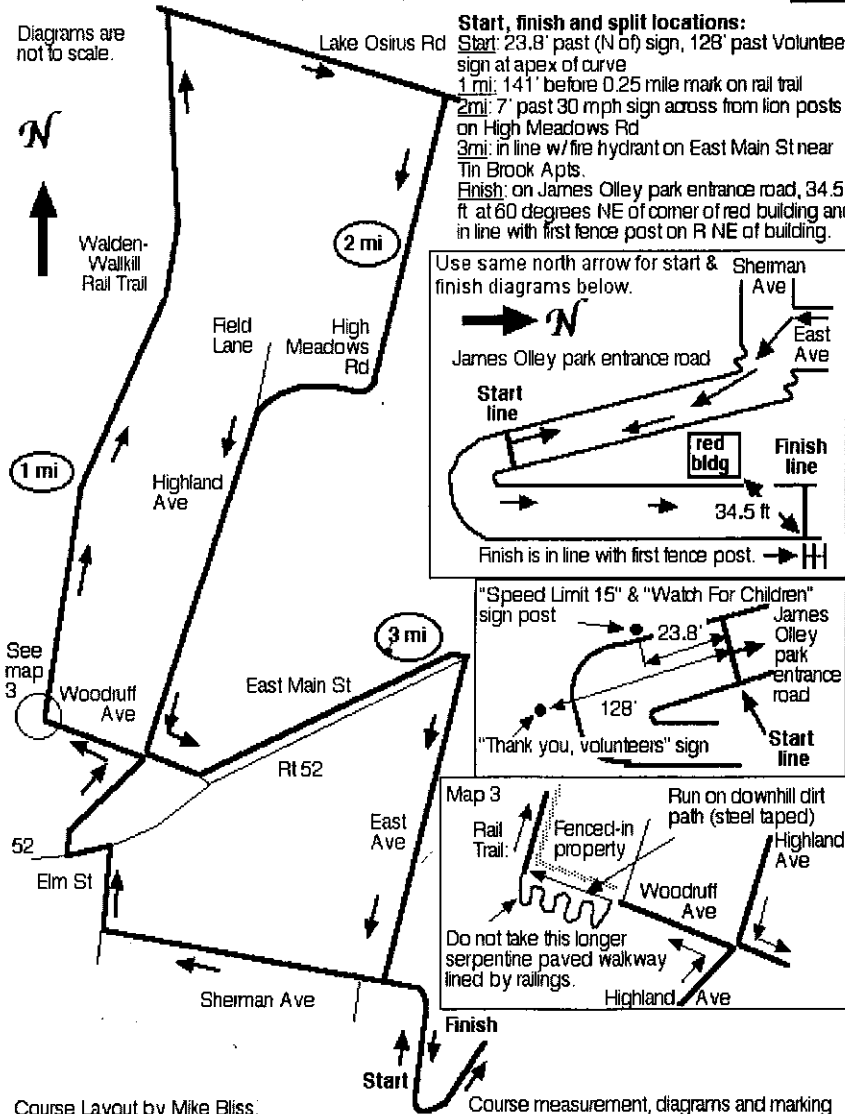
**Walden, NY**

Sponsored by the  
Village of Walden  
Recreation Department

**Rod MacDonald 6 km (3.72 mi), Walden, NY**

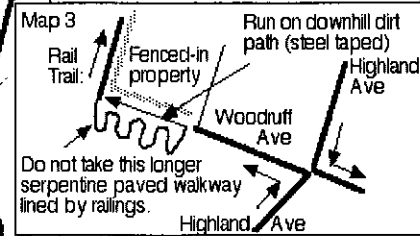
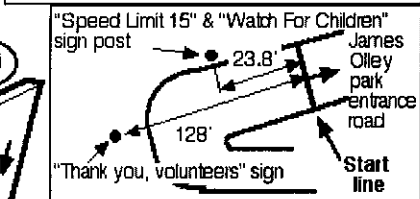
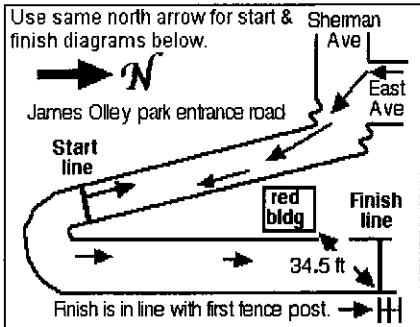
**SPR**

Diagrams are not to scale.



**Start, finish and split locations:**

- Start:** 23.8' past (N of) sign, 128' past Volunteer sign at apex of curve
- 1 mi:** 141' before 0.25 mile mark on rail trail
- 2 mi:** 7' past 30 mph sign across from lion posts on High Meadows Rd
- 3 mi:** in line w/ fire hydrant on East Main St near Tin Brook Apts.
- Finish:** on James Olley park entrance road, 34.5 ft at 60 degrees NE of corner of red building and in line with first fence post on R NE of building.



Course Layout by Mike Bliss, Recreation Director, Village of Walden.

Course measurement, diagrams and marking by Brian Cavanagh, USA Triathlon Certified Coach, [www.sullivanstriders.org/forians\\_sites.htm](http://www.sullivanstriders.org/forians_sites.htm)

**Directions:**

**From Rt. 84 / Exit 5**

From Rt. 84, turn North Rt. 208, turn right at the McKinley Monument (Route 52 East), Turn right on East Ave., turn left onto Sherman Ave.

**From the East (Newburgh Area)**

Take Rt. 52 West to East Ave., turn left on East Ave., turn left onto Sherman Ave.

**From the North (Ulster County / Walkill)**

Take Rt. 208 South to traffic light (Route 52/208 Intersection), turn left on Rt. 52 East, turn right on East Ave., turn left onto Sherman Ave.

**From the West**

Take Rt. 52 East to East Ave., turn right onto East Ave., turn left onto Sherman Ave.

Michael Bliss c/o Village of Walden,  
One Municipal Square, Walden, NY 12586  
(845) 778-2655 [waldenrec@yahoo.com](mailto:waldenrec@yahoo.com)