



Sponsored by the
Village of Walden
Recreation Department

Walden, NY

James W. Olley
Community Park

8:30 am

Saturday
August 1st
2015

In Memory of Rod MacDonald

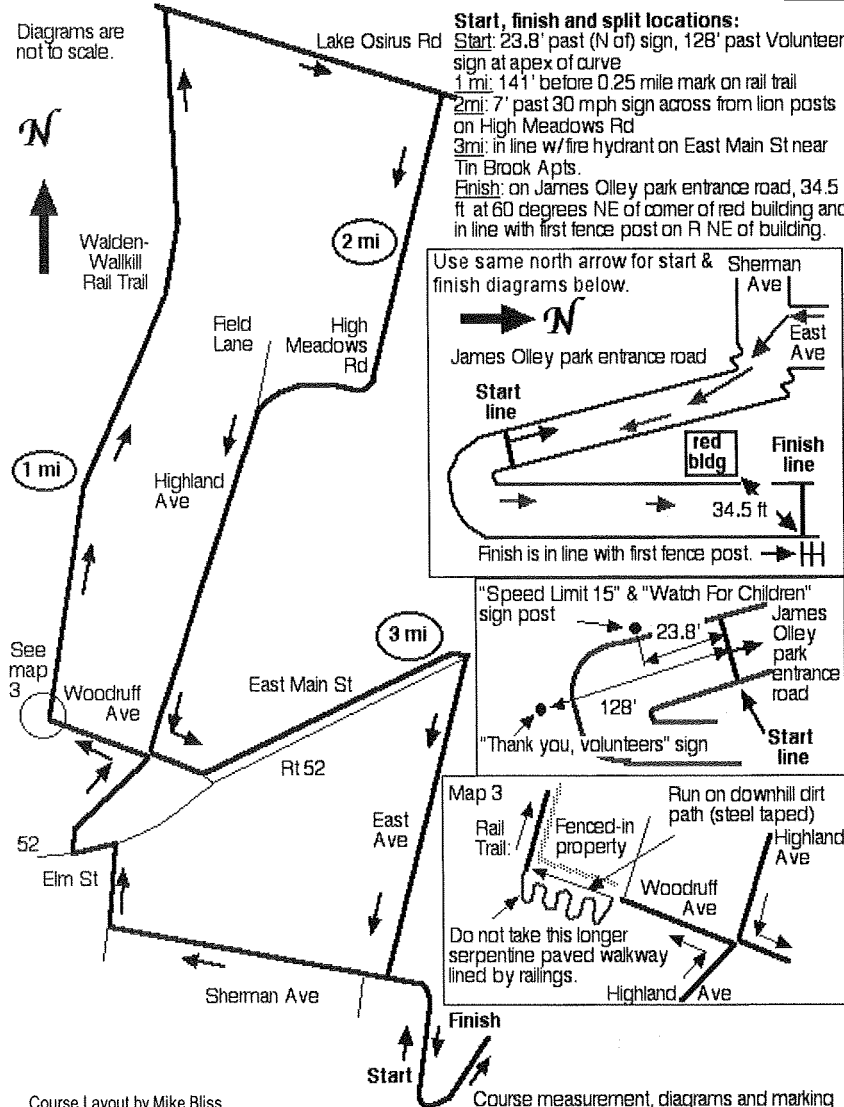
Village of Walden

6th
ANNUAL 6K RACE

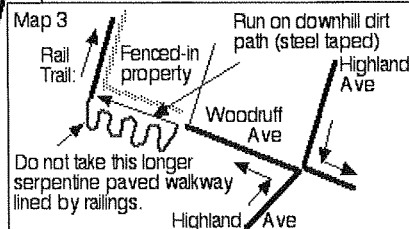
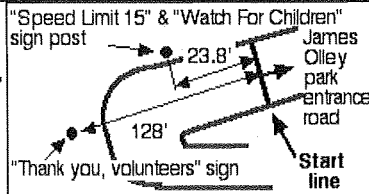
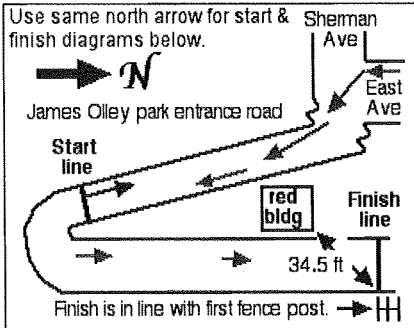
Rod MacDonald 6 km (3.72 mi), Walden, NY

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.



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 / Walkkill)

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

Course Layout by Mike Bliss
Recreation Coordinator, Village of Walden

Course measurement, diagrams and marking
by Brian Cavanagh, USATF Certified Coach,
www.sullivanstiders.org/brians_sites.htm

When:

Saturday, August 1, 2015 at 8:30am

Where:

The race will begin and end at James W. Olley Community Park, 97 Sherman Avenue 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 July 24, 2015
\$25 Race Day Registration**Registration:**You can register by this form, with form received no later than July 24, 2015.
Registration tables will be set up Race Day at 7:30am at James W. Olley Community Park, located at 97 Sherman Avenue in Walden.**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:	35-39		

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) 778-2177 x1524 waldenrec@yahoo.com

Name	Male	Female	Phone
Address	City	State	Zip
Age	t-shirt size	Youth	
10K Personal Best	Date		
Signature	Date		

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)**Registration:** \$10 fee includes t-shirt**Non-Competitive****Refreshments:** Will be served after the race.

Name	Male	Female	Phone
Address	City	State	Zip
Age	t-shirt size	Youth	
Signature	Date		

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.

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Parent/Guardian's Signature

6K Walkers ApplicationStart behind runners
For all ages