

3rd Annual



9 AM Saturday May 2, 2009

Start/Finish at Bethlehem Middle School, 332 Kenwood Ave, Delmar, NY 12054

REGISTRATION FORM

Go to www.timothyjmoshier.com for more information about charities that the race supports, packet pickup and on-line registration for the 5K only. Kids Race and Tot Trot may only be registered with this form or in person on race day or at packet pickup.

- Check one: **5K Run 9AM - \$15 before April 30, \$20 afterwards**
 5K Walk 9AM - \$15 before April 30, \$20 afterwards
 5K Handcycle Race 9AM - \$15 before April 30, \$20 afterwards
 5K Disabled Veteran 9 AM - Free, but must be registered with signed waiver
 5K DAV Walk **5K DAV Run** **5K DAV Hand Cycle**
 Kid's Race 8:15 AM(ages 5-11) , Free, but must be registered with signed waiver
 26.2 yardTot Trot 8:00 AM(ages 2-4) Free, but must be registered with signed waiver

All pre-registration mailed or on-line must be received by April 29.
Race day registration will start at 7AM and end at 8AM.

NAME: _____ Team (if any) _____

Gender: Male Female Birth date MM__ DD __ YYYY _____

Email Address: _____

Day Phone: () _____ Evening Phone () _____

Address: _____ City _____ State ____ ZIP ____

Emergency Contact Name _____ Emergency Contact Phone: _____

Free Adult T-Shirt to first 600 registrants -- Size: (circle one) **S M L XL XXL**
Kids T-shirts for sale on day of race while supplies last

**Make checks payable to CPT Timothy J. Moshier Memorial Foundation, Inc and
mail to Tim's Race PO BOX 111, Delmar NY 12054**

Waiver: Recognizing that there are certain dangers associated with distance running, I hereby for myself, heirs, executors or assigns waive and release any and all claims I may have against the Capt. Timothy J. Moshier Memorial Foundation, Inc., USATF. the Town of Bethlehem, Bethlehem Central School District or any coordinators, sponsors, benefactors or race volunteers.

Signature _____(Parent if under 18 years old)



Saturday May 2nd, 2009

The 3rd annual Captain Timothy J. Moshier Memorial 5K Run/Walk will be held at the Bethlehem Middle School. This race is an exciting run through Delmar to Hamagrael Elementary School and back.

T-Shirts for first 600 registrants.

Register and more info at www.timothyjmoshier.com

Come out and honor one of America's heroes at this patriotic event.

May 1

5:00 - 7:00 PM - Packet Pickup - Bethlehem Town Hall

May 2 - Race Day Schedule

7:00 Race Day Registration Opens/ Packet pickup at BCMS

8:00 Race Day Registration Closes

8:00 - Tot Trot - a 26.2 yard run for children aged 2-4 years old (Free)

8:15 - Kid's Run for kids 5-11 years old on race day (Free)

9:00 - 5K Run/Walk & Handcycles - Free for Disabled Veterans

10:00 - Awards & Raffle Drawing

Course

5K - Flat, Fast and Fun - electronically RFID chip timed by Albany Running Exchange
Loop Course from Bethlehem Middle School to Hamagrael Elementary School and back
Mile markers at 1, 2 and 3 mile marks
Water at Hamagrael School near the half-way point

Charities

The CPT Timothy J. Moshier Memorial 5K Run/Walk raises money for the following charities:

- Fisher House - Supporting America's military in their time of need, they provide "a home away from home" that enables family members to be close to a loved one at the most stressful time -- during hospitalization for an illness, disease or injury.
- CPT Timothy J. Moshier Memorial Scholarship - awarded to a qualifying senior at Bethlehem High School