

5K4 Caitlin  
 PO Box 207  
 Slate Hill, NY 10973



4<sup>th</sup> Annual  
**5K4 Caitlin**  
 Race, Walk, & Children's Fun Run  
 to benefit  
 The Caitlin M. Hammaren  
 Memorial Foundation



Bella Vista Holiday Spa  
 22 Bergerons Road  
 Westtown, NY

**Saturday**  
**May 28, 2011**  
**5:00pm**

"A Community Event"



# SPONSORS

To date

The 5K4 Caitlin Race, Walk, and Children's Fun Run is made possible by the work of dedicated volunteers and generous support of our sponsors. Thank you for your time and donations.



Galbo Trophies  
 & Awards Plus  
 20 Orchard Crest Dr.  
 Westtown NY 10998  
 845-726-3938

galbotrophy.com.

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MIKE KORN Proprietor

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Middletown NY



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**FAST FINISHES**

Gary Howell



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 DJ Entertainment

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 TEACHERS ASSOCIATION

INK ON THE RUN  
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 Bret Grover  
 845-242-4906



The Community Foundation of Orange and Sullivan



Gray-Parker  
 Funeral Home, Inc.  
 Port Jervis, NY  
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## Caitlin M. Hammaren

The Caitlin M. Hammaren Memorial Foundation was inspired following Caitlin's death on April 16, 2007 at Virginia Tech. She was 19 years old, an only child, completing her sophomore year. Caitlin was pursuing a double major in International Studies/ Leadership, with a minor in French.

Caitlin was well known for her smile, warm personality, and nurturing disposition. All of those touched by Caitlin were left with a lasting impression of her kindness. She was frequently engaged in little acts of kindness, quietly and unobtrusively assisting or comforting those around her whom she intuitively sensed were in need.

Caitlin loved the Arts and was involved in many aspects of them. She participated in the fine arts, singing, playing the violin, theater, dressage, and the culinary arts. Caitlin lived each day to the fullest. A close friend described Caitlin as mastering the "Art of Loving." With your help, the Caitlin M. Hammaren Memorial Foundation will continue those quiet "little acts of kindness" to assist others and keep alive the essence that is "Caitlin" through their own passion for the Arts.

### Race Details

5:00pm – Race Start


- Online registration at [www.active.com](http://www.active.com) by May 17
- Pre-race registration \$20
- Race day registration \$23
- 1:00 – 4:00pm registration
- Course certified & measured by Brian Cavanagh
- Catholic Mass @ 12:15
- Amazing Raffles
- Lemonade, Popcorn & Snow Cones
- Live Music by Jonny Rosch
- Post Race Barbeque
- 13 levels of competition
- Children's Fun Run
- Chip Timing by: **FAST FINISHES**



## RUNNERS

- All pre-registered applicants guaranteed T-shirts, Race day first come, first served
- Trophies awarded to top overall male/female finishers
- Awards to top three finishers in each age group, male/female

## 5K Race Age Groups

|              |       |       |   |
|--------------|-------|-------|---|
| 13 and under | 25-29 | 45-49 | 65 and older  |
| 14-17        | 30-34 | 50-54 | <br>Wheelchair Racers are Welcome !!! |
| 18-20        | 35-39 | 55-59 |   |
| 21-24        | 40-44 | 60-64 |   |

**\*\*\*Complimentary Lemonade, Popcorn, and Snow Cones\*\*\***

Race participants enjoy a **Barbeque** following the race,  
Non race participants may order a barbeque for only **\$10.00**, Kids 10 & under **\$5.00**

***\*Bring your blankets and lawn chairs\****  
**and enjoy the night time sky and music.**

Persons interested in donating to TCMHMF without participating in the 5K4 Caitlin may do so by mailing contributions to: CFCO-The Caitlin M. Hammaren Memorial Foundation.

For directions and further information please contact: Race directors – Christian Hammaren or Bethany Cooper @ 845-726-4328 , email [tcmhmf@gmail.com](mailto:tcmhmf@gmail.com) , [www.active.com](http://www.active.com) (5K4 Caitlin) or

[www.caitlinmhammaren.org](http://www.caitlinmhammaren.org)

### Entry Form – Pre-registration – Postmarked by May 17, 2011

Make registration checks payable to CFCO – The Caitlin M. Hammaren Memorial Foundation Mail form to :  
The Caitlin M. Hammaren Memorial Foundation , PO Box 207, Slate Hill, NY 10973

Name: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Age on race day \_\_\_\_\_ Email: \_\_\_\_\_  
CHECK ONE: Walk \_\_\_ Run \_\_\_ T-Shirt size: S M L XL

In consideration of accepting this entry, I the undersigned, intending to be legally bound, here, for myself, my heirs, executors, and administrators, waive and release all rights claims for damages I may bring against The Community Foundation of Orange and Sullivan, The Caitlin M. Hammaren Memorial Foundation, The Bella Vista Holiday Spa, The Town of Minisink, The Town of Greenville, Greenville Fire Department and Ambulance Corps and any other sponsors to be named, and the volunteers, for any and all injuries suffered by me. I further agree to save harmless and indemnify them. I attest that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been peripheries by a medical doctor. No portion of the entry fee may be tax deductible. All fees are non-refundable.

Signature \_\_\_\_\_ Parent or Guardian (if under 18) \_\_\_\_\_  
**Entry Form – Pre-registration – Postmarked by May 17, 2011**