

The Cornwall Lions Club is hosting its 3<sup>rd</sup> Annual “**Fall Harvest Race**” which includes a 5K Walk/Run and a 7.5 Scenic Challenge Run on **November 14, 2010**. We will also be having a Kids’ Fun Run following these races.

The 5K is a relatively flat and fast 3.1-mile course beginning at the Storm King Firehouse on Hudson Street. The route transverses through and around the quaint Village of Cornwall, allowing runners and walkers to take in views of the Hudson River, as well some historic home sites, local restaurants and businesses.

The 7.5 Mile Scenic Challenge will include parts of the 5K route, views of the Hudson River, Storm King Mountain and, of course, the beautiful fall foliage. It is a challenging course with a one mile gradual climb, followed by a sweeping downhill finish.

Both courses have been certified by Brian Cavanagh. You can view the maps on this site or visit: [www.sullivanstriders.com](http://www.sullivanstriders.com). Timing by Fast Finishes with its new owner, Mark Hughes. Print out application or register online at: [www.Active.com](http://www.Active.com).

The Kids’ Fun Run is a huge hit! The road will be closed for this event which is an out-and-back course totaling approximately .3 miles – a short distance but tons of fun for the little athletes.

**Early registration discount applies until October 30, 2010 (\$20)**. After October 30<sup>th</sup>, the fee is \$25. Custom-designed shirts are guaranteed to all pre-registered runners and walkers. The Kid’s Fun Run is \$3.00 (awards to all/no shirts).

#### **RACE DAY INFO:**

**Registration:** 7:30 am – 8:15 am (Storm King Engine Co. #2)  
**7.5 Mile Start:** 8:30 am  
**5K Walk/Run:** 9:00 am  
**Kids Fun Run:** 10:15 am

**Awards:** **5K Walk** – top 3 walkers; **5K Run** - top overall M/F & top 3 in each age group; **7.5 Mile** – **CASH PRIZES** to top 3 M/F & awards to top 3 in each age group

**AGE GROUPS:** 14 & under; 15-18; 19-29; 30-39; 40-49; 50-59; 60-69; 70 & over.

Please donate a canned or non-perishable item and receive a free raffle ticket. All donations to benefit **The Food Bank of the Hudson Valley**. Proceeds from the run to benefit **Guiding Eyes for the Blind**.

There will be raffles, food, music and a great time for the entire family. For more information, contact: [jackiegaillard@aol.com](mailto:jackiegaillard@aol.com) or call (845) 591-4558.