



Sports Museum Hall of Fame of Dutchess County Cross Country Race

5K Cross Country Run/ 1 Mile Kids Run

Running clubs team competitions: MHRRC, Taconic, Onteora, etc.

Date: Sunday, October 25, 2009

Time: 10:30 am for 1 mile kids run for boys and girls up to age 13
11:00 am for 5K

Place: Bowdoin Park, Sheafe Road, Poughkeepsie, NY

Registration: Opens at 9:30 am

Fee: Pre-registration – t-shirts to pre-registrants!

\$10 for MHRRC members

\$12 for non club members

\$ 8 for kids 1 mile

Race Day

\$15 for 5K

\$10 for kids 1 mile



Awards: Men: up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
Women: up to 18, 19-29, 30-39, 40-49, 50-59, 60+
Kids 1 mile: up to 7, 8-10, 11-13

Info: Pete Sanfilippo (845) 297-7950 or email petesan@optonline.net

Send to: Checks payable to Pete Sanfilippo and mail to
Pete Sanfilippo, 8 Carmine Drive, Wappingers Falls, NY 12590

Restrictions: No walkers, roller blades, baby strollers, dogs, showers

I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to, falls, contact with other participants, the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Mid-Hudson Road Runners Club, Town of Poughkeepsie, Sports Museum of Dutchess County, sponsors, Race Director, and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event.

Name: _____

Address: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: 5K 1 Mile Kids

T-shirt size: SM Med LG XLG