



Turkey Trot

25K, 5 mile, 2 mile fun, 1 mile kids run

Date: Thursday, November 26, 2009

Time: 8:30 am 25K Bob Rother Memorial 25K
8:45 am 5 mile run
9:00 am 2 mile fun run (no awards)
9:00 am 1 mile kids run (13 years and under)

Place: Arlington High School, Route 55, Freedom Plains, NY

Registration: 7:00 – 8:30 am in the Main Lobby of AHS

Fee: Pre-registration by November 25, 2008
\$14.00 for 25K and 5 mile
\$ 8.00 for 2 mile fun run and 1 mile kids run
Race Day
\$6 more for race day registrations for all races

Awards: 25K: top 3 males 30 and under, 30-39, 40-49, 50-59, 60+
top 3 males, 30 and under, 30-39, 40-49, 50-59, 60+
5 mile: Men: up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
Women: up to 18, 20-29, 30-39, 40-49, 50-59, 60+
Kids: 10 and under, 11-13

Send to: Checks payable to Mid-Hudson Road Runners Club
To Vince Veltre, 7 Merrick Road, Poughkeepsie, NY 12601
More info: vincerun@aol.com

On-line registration: www.active.com

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, an administrators, waive and release any and all claims for damages I may have against Mid-Hudson Road Runners Club, Arlington Central School District, the Road Runners Club of America, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event.

Name: _____
Address: _____

Zip Code: _____
Phone: _____

Age: _____ **Gender:** F M
Date of Birth: _____
Circle one: 25K 5 mile
2 mile fun run 1 mile kids run

Signature:
(Parent's signature if under 18)