



# Winter Run

## 5 mile race



**Date:** Sunday, February 1, 2009

**Time:** 10:00 am (New start time)

**Place:** LaGrange Town Hall, 120 Stringham Road, LaGrangeville, NY

**Registration:** Opens at 9 am

**Fee:** Free to all MHRRC members  
\$5 for non-members

Race fee waived to any non-member who signs up for club membership on or before the day of the race

**Awards:** No awards – just fun running with others in the middle of winter

**Send to:** Checks payable to Mid-Hudson Road Runners Club  
Mail to: Conni Grace, 119 Shenandoah Road, Hopewell Jct, NY 12533

**More info:** Conni Grace [gra176@aol.com](mailto:gra176@aol.com) Phone 845 227-6308

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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 participation in 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 or 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 LaGrange, 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:** \_\_\_\_\_

\_\_\_\_\_

**Age:** \_\_\_\_\_ **Gender:** F M

**Date of Birth:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

(Parent's signature if under 18)