



MHRRC + The Cancer Services Program of Dutchess County present

# Daffodil Day 5K

Net proceeds to The American Cancer Society, Hudson Valley Region

**Date:** Saturday, March 27, 2010

**Time:** Race starts at 7:30 am

**Place:** Poughkeepsie Galleria, South Road, Poughkeepsie, NY

**Race Day Registration:** Opens at 6:30 am (we know it's early, but hey, we're runners!)

**Fee:** 5K Preregistration ends March 25  
\$12.00 MHRRC members  
\$18.00 non-members  
\$20.00 race day registration



MHRRC is proud to have MVP Health Care as our race sponsor.

**Awards:** 5K

**Men:** under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

**Women:** under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Tee shirts to first 200 pre-registered runners

**Info:** Susanne O'Neil, (845) 452-2932 ext. 9721 or soneil10@yahoo.com

**Pre-Registration:** Use the MHRRC shopping cart or  
Checks payable to Mid-Hudson Road Runners Club  
Send to Susanne O'Neil, 28 Arnold Blvd, Poughkeepsie, NY 12603

**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, The American Cancer Society, The Poughkeepsie Galleria LLC, Town of Wappingers, 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. I also release my rights to any photos, videos, images, etc. taken of me during this event.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Zip code:** \_\_\_\_\_

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

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

(Parent's signature if under 18)

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

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

**Tee shirt size:** S M L XL

