



Knights of Columbus Holiday Run

31st Year - Wappingers Council 1646

5 Mile Race/1 Mile Kids Run

Date: Saturday, December 4, 2010

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

Place: Knights of Columbus Building, Route 9D, Wappingers Falls, NY 12590

Race Day Registration: Opens at 9:30 am

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

\$10 for MHRRC members

\$12 for non club members

\$ 0 for kids 1 mile, t-shirts to first 20 registered

Race Day

\$15 for 5 mile

\$10 for kids 1 mile – free if shopping cart pre-registration

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, 60-69, 70+
Kids 1 mile: up to 7, 8-10, 11-13
Award to first Knight to finish!

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

Pre-Registration: Use MHRRC shopping cart or
Checks payable to MHRRC and mail to
Pete Sanfilippo, 8 Carmine Drive, Wappingers Falls, NY 12590

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



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



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, Knights of Columbus, Town of Wappingers, 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. I also release my rights to any photos, videos, images, etc. taken of me during this event..

Name: _____

Address: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Member of Knights of Columbus: Yes No

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: 5 Mile 1 Mile Kids

T-shirt size: Sm Med Lg XLg