



Mamas and Papas Senior Citizen 4K (2.48 miles) Run/Walk Must be 60 years old or over!

Race is supported by the
Knights of Columbus
Wappingers Council #1646



Date: Saturday, July 10, 2010

Time: 8:15 am for run/walk

Place: Wappinger Town Hall, Middlebush Road, Wappingers Falls, NY 12590

**Race Day
Registration:** Opens at 7:15 am

Fee: \$5 for all entrants

Awards: Walkers

Men: 60-64, 65-69, 70-74, 80 and over

Women: 60-64, 65-69, 70-74, 80 and over

Runners

Men: 60-64, 65-69, 70 and over

Women: 60-64, 65-69, 70 and over

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 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, 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: _____

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: run walk