



Joseph McDonald/Bill Crusie Memorial Run To Benefit Miles of Hope 33rd Year

5K/ 10K/ 1 Mile Kids Run/5K Walk

Date: Saturday, June 5, 2010
Time: 8:00 am 5K walkers
8:15 am 1 mile kids run
8:30 am for 5K runners (runners only)
9:00 am for 10K (runners only)



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

Place: Mesier Park, Route 9D, Wappingers Falls, NY 12590

Race Day Registration: Opens at 7:30 am
(note 5K course for runners and walkers is now out and back)

Fees: Pre-registration (use the MHRRC shopping cart)
\$10 for MHRRC members, runners and walkers
\$12 for non club members, runners and walkers
\$ 0 for kids 1 mile (no walkers) – kids free in 2010



Race Day
\$15 for 5K and 10K, runners and walkers
\$ 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, tee shirts to first 25 kids registered
Walkers in 5K: first 10 to finish
McDonald trophy to first 10K Village finisher.
Refreshments for all participants

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.~~

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, Village of Wappingers Falls, 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: 5K 10K 5K walk 1 mi Kids
Circle t-shirt size: S M L XL
Village Resident?: Yes No

(Parent's signature if under 18)