

30th RUNNING NEWBURGH-BEACON BRIDGE RUN




Sunday October 10, 2010 11:00 AM

“Proud Participant in the 2010 Hudson Valley Grand Prix”

Directed and organized by
Mid-Hudson Road Runners Club



- START/FINISH:** 5-mile run starts in Newburgh on Broadway, turns onto Grand St. toward the bridge, across the bridge and south on Rte. 9D to the finish at the Beacon Riverfront Park (near Beacon Metro-North train station). A fast, net downhill course!
- TRANSPORT TO START:** Point-to-point race. Park at finish riverside of Beacon train station, Beacon, NY. Buses will transport you to registration and start at St. Patrick's School from 9-10 AM. **Last bus leaves Beacon for start at 10 AM!!**
- PRE-REGISTRATION** Register online at www.mhrrc.org or mail entries to Bill Rosenberg, 2133 Bruynswick Rd, Walkill, NY 12589. Postmark prior to Sep. 30. Pre-registration fee is \$20 (MHRRC members \$18). Make check payable to "MHRRC."
- RACE-DAY REGISTRATION:** At St. Patrick's School, 9:00-10:30 AM. Race-day registration \$25. Walkers welcome!
- AWARDS:** Male/female age groups: ≤19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ **SHIRTS:** Long-sleeve T-shirts to first 175 entrants
- DIRECTIONS:** Beacon Riverfront Park and Beacon train station are off Rte. 9D, ~ ½ mile south of I-84, in Beacon, NY. St. Patrick's School is at 156 Liberty St., Newburgh (just N of Broadway).
- INFORMATION:** Contact Bill Rosenberg or Rebecca Withers at (845) 895-3402 or e-mail Wrosenb822@aol.com or visit www.mhrrc.org.
- RESTRICTIONS:** No Baby Strollers, No Roller Blades, No Dogs. Thank you.
- SPONSORS:** LEPRACHAUN LINES GOLD'S GYM 



I know that running a road race is a potentially hazardous activity and that I should not run unless properly trained and medically able. 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, St. Patrick's Church of Newburgh, the towns Fishkill and Newburgh, the cities of Newburgh and Beacon, the New York State Bridge Authority, and any other sponsors, their representatives and successors including the Road Runners Club of America for any and all injuries suffered by me in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: _____ Birth date: ___/___/___ Age: _____

Address: _____ Sex: M F T-Shirt: S M L XL

City: _____ State: ___ Zip: _____ Phone: (____) _____

Are you a Hudson Valley Grand Prix member? Yes? ___ No? ___

Signature: _____ Date: _____

(Parent's Signature required if runner is under 18)