



# Recover from the Holidays Run

## Go as far as you can – up to 50K!

**Date:** Sunday, January 3, 2010 (snow date January 9)

**Time:** 9:00 am. Course open for six hours. If you think you will take longer than 6 hours, contact a race director to arrange for a earlier start time

**Place:** Norrie Point at Margaret Lewis Norrie State Park, Staatsburg, off route 9 north of Vanderbilt mansion. Start and finish line at Norrie Point along the usually frozen Hudson River.

**No Fee, No Awards:**

**This is a different kind of run/race:**

- 10 repeats of an out and back 5K course on hilly park roads.
- Little to no traffic; park officials maintain the course as best they can, but course can be snow-covered and icy.
- Runners encouraged to come out and run as many or as few laps as they would like for their weekend long run.
- There is no race charge and no awards.
- You must sign a waiver at the race.
- If you want to try for the whole 50K, let the race directors know and your laps are counted.
- Race directors supply water and port-a-john.
- Runners bring their own magic foods.



**Finish the 50K:** If you finish the entire 50K, your name and time published in Ultrarunning Magazine

**Info:** Charlie Sprauer (845) 635-2936 - [charlesbugman69@aol.com](mailto:charlesbugman69@aol.com) or Pete Colaizzo (845) 309-3640 - [runhed246@hotmail.com](mailto:runhed246@hotmail.com)

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 Staatsburg 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.

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

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

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

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

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

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

(Parent's signature if under 18)