

The Race

The Red Fox Trot 5K is a new addition to the Marist Athletics calendar, as we invite runners for a scenic road race along the Hudson River. The course will twist and turn through the beautiful Marist campus as participants make their way along the route. The race will be completely contained on campus to allow for safe running with no vehicular traffic. Experience Marist College like never before as you enjoy a fall day of running and fun in the Hudson River Valley.

The Benefactors

The Red Fox Trot 5K is hosted by the Red Fox Club, the official booster club of Marist Athletics. The Red Fox Club will direct, coordinate and supervise all aspects of the race. All proceeds from the Red Fox Trot will benefit Marist's 23 Division I sports. Since its inception in 1981, the Red Fox Club has contributed countless hours of service to the Marist Athletic Department. By participating in the Red Fox Trot 5K you will be supporting all Marist student-athletes as they pursue their collegiate goals.

The Value

Participants will receive two tickets to a select Marist men's or women's basketball game during the 2010-11 season. The first 200 runners that register will also receive an official Red Fox Trot 5K long sleeve T-shirt. This is more than a \$40 value!

Race Date: Saturday, September 11

Start: Marist's Historic Cornell Boathouse

Race Time: 9:30 a.m.

Registration: Starts at 8:00 a.m.

The campus access road to the Cornell Boathouse will be closed to vehicular traffic starting at 9:00 a.m. on the day of the race. After this time the start/finish area may only be accessed by the Water Street entrance.

For additional information about the race please log on to www.GoRedFoxes.com or contact Frank Lombardy at Frank.Lombardy@marist.edu

Participants can also register through the Mid Hudson Road Runners Club at: www.mhrrc.org.

Application

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Age: _____ Gender: F M

Date of Birth: ____/____/____

Shirt Size (men's size's): S M L XL XXL

Pre-registration Fee: \$15 - Day of the Race: \$20

Please fill out this application and send it with a non-refundable \$15 check to:

Marist Athletics Department
McCann Center
3399 North Road
Poughkeepsie, N.Y. 12601

Waiver for Race Applications: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Marist College, the Red Fox Club, the Mid-Hudson Road Runners, the Road Runners Club of America and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver.

Signature: _____ Date: ____/____/2010



RED FOX TROT 5K SEPTEMBER 11, 2010



THE MOST SCENIC 5K IN
THE HUDSON VALLEY

GoRedFoxes.com

Marist College
McCann Center
3399 North Road
Poughkeepsie, NY 12601