



Schlathaus Park Race

5K Run and 1 Mile Kids' Run

Date: Saturday, October 2, 2010

Time: 10:00 am – 5K

10:45 am – 1 Mile Kids' Run for kids 12 and under

(first 25 kids registered get canvas bags donated by Continental Screen Printing)

Place: Schlathaus Park, corner of Myers Corners Road and All Angels Hill Road in Wappingers Falls, NY

Race Day Registration: Opens at 9 am

Fee: Pre-registration (use the MHRRC shopping cart)

\$0 for the 5K MHRRC members (join the club and run for free!)

\$6 for the 5K non-members if received by September 25, 2007

\$0 for kids run – free kids races in 2010

Race day

\$8 for 5K

\$5 for kids run

Awards: 5K

Men (7 categories): under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Women (5 categories): under 19, 19-29, 30-39, 40-49, 50+

1 Mile Kids

Top three boys and top three girls

Info: Linda Stow (845) 462-7290, lstow1@gmail.com

Pre-Registration: Use the MHRRC shopping cart or
Checks payable to Mid-Hudson Road Runners Club
Send to Linda Stow, 11 Flamingo Drive, Poughkeepsie, NY 12801



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, 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: _____

Address: _____

Age: ____ **Gender:** F M

Date of Birth: _____

Race: 5K Kids Run

Signature: _____

(Parent's signature if under 18)

