



# Sports Museum Hall of Fame

## of Dutchess County Cross Country Race

### 5K Cross Country Run/ 1 Mile Kids Run

Running clubs team competitions: MHRRC, Taconic, Onteora, etc.

**Date:** Sunday, October 24, 2010

**Time:** 10:30 am for 1 mile kids run for boys and girls up to age 13  
11:00 am for 5K

**Place:** Bowdoin Park, Sheafe Road, Town of Poughkeepsie



**Race Day Registration:** Opens at 9:30 am

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

**Fee:** Pre-registration – t-shirts to pre-registrants!

\$10 for MHRRC members

\$12 for non club members

\$ 0 free to kids; please register on shopping cart

**Race Day**

\$15 for 5K

\$10 for kids – 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+

Kids 1 mile: up to 7, 8-10, 11-13; tee shirts to first 25 pre-registered

**Info:** Pete Sanfilippo (845) 297-7950 or email [petesan@optonline.net](mailto: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 walkers, 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 Poughkeepsie, Sports Museum of Dutchess County, 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 all my rights to any photos, videos, images, etc. taken during this event

**PLEASE PRINT CLEARLY**

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

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

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

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

**Circle one:** 5K 1 Mile Kids

**T-shirt size:** SM Med LG XLG

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

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

(Parent's signature if under 18)