



Turkey Trot

25K, 5 mile, 2 mile fun, 1 mile kids run

Date: Thursday, November 25, 2010

Time: 8:30 am 25K Bob Rother Memorial 25K
 8:45 am 5 mile run
 9:00 am 2 mile fun run (no awards)
 9:00 am 1 mile kids run (13 years and under)



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

Place: Arlington High School, Route 55, Freedom Plains, NY

Race Day Registration: 7:00 – 8:30 am in the Main Lobby of AHS

Fee: Pre-registration by November 22, 2010
 \$16.00 members/ \$18 non-members for 25K and 5 mile
 \$ 8.00 members/ \$10 non-members for 2 mile fun run
 \$ 0 for all kids runs in 2010; please pre-register on shopping cart

Race Day
 \$7 more for race day registrations for all races

Awards: 25K: top 3 males 30 and under, 30-39, 40-49, 50-59, 60+
 top 3 males, 30 and under, 30-39, 40-49, 50-59, 60+
 5 mile: Men: up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
 Women: up to 18, 20-29, 30-39, 40-49, 50-59, 60+
 Kids: 10 and under, 11-13



Windbreakers: Quality pull-over long sleeve windbreakers to first 400 registered

Pre-Registration: Use MHRRC shopping cart or
 Checks payable to Mid-Hudson Road Runners Club
 To Vince Veltre, 7 Merrick Road, Poughkeepsie, NY 12601
 More info: vincerun@aol.com

On-line registration: MHRRC shopping cart or www.active.com

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, an administrators, waive and release any and all claims for damages I may have against Mid-Hudson Road Runners Club, Arlington Central School District, the Road Runners Club of America, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event. I also release my rights to any photos, videos, images, etc. taken of me during this event. .

Name: _____
Address: _____

Zip Code: _____
Phone: _____
Signature: _____

Age: _____ **Gender:** F M
Date of Birth: _____
Circle one: 25K 5 mile
 2 mile fun run 1 mile kids run
Windbreaker size (circle one; order exact size, no shrinkage)
 S M L XL 2XL

(Parent's signature if under 18)