



Winter Run

5 mile race



Date: Sunday, February 7, 2010

Time: 10:00 am

Place: LaGrange Town Hall, 120 Stringham Road, LaGrangeville, NY

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

Fee: Free to all MHRRC members
\$5 for non-members
Race fee waived to any non-member who signs up for club membership on or before the day of the race

Awards: No awards – just fun running with others in the middle of winter

**Pre-
Registration:** Use the MHRRC shopping cart to register for this race or
Checks payable to Mid-Hudson Road Runners Club
Mail to: Conni Grace, 119 Shenandoah Road, Hopewell Jct, NY 12533

More info: Conni Grace phone 845 227-6308 or gra176@aol.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 participation in 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 or 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 LaGrange, 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 my rights to any photos, videos, images, etc. taken of me during this event.

Name: _____

Address: _____

Age: _____ **Gender:** F M

Date of Birth: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)