



Marist Red Fox Club presents 2nd Annual Red Fox Trot 5K

Date: Saturday, September 10, 2011
Time: Race starts at 9:30 am
Place: Marist College Riverfront along the Hudson River
Race Day Registration: Opens at 8:00 am



Fee: 5K Mail in Preregistration ends September 2
\$15.00 MHRRC members
\$18.00 non-members
\$22.00 race day registration

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

Awards: Men: under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
Women: under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
Long sleeve race Tees to first 300 pre-registered runners. All registrants receive two vouchers, each voucher good for a free ticket to a select Marist College Basketball game for 2011-2012 season

Info: Frank Lombardy (845) 575-3000 x2329 or frank.lombardy@marist.edu
Pete Colaizzo (845) 309-3640 runhed246@hotmail.com

Pre-Registration: Use the MHRRC shopping cart until September 9 or
Checks payable to Marist College
Send to Janet Davis, Marist College Athletic Department, McCann Recreation Center, Poughkeepsie, NY 12601

Restrictions: No roller blades, headphones, 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, Marist College, Marist Red Fox Club, 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: _____

Zip code: _____
Phone: _____
Signature: _____
(Parent's signature if under 18)

Age: ____ **Gender:** F M
Date of Birth: _____
Tee shirt size: S M L XL XXL
Email: _____