



Lady of Lourdes Brag Rights Run 5K Race/ 1 Mile Kids Run

Organized and directed by the
Knights of Columbus No. 1646 Wappingers Falls

Date: Sunday, September 23, 2012

Time: 9:30 am for 1 mile kids run for boys and girls up to age 13
10:00 am for 5K

Place: Lady of Lourdes High School, Boardman Road, Poughkeepsie, NY

**Race Day
Registration:** Opens at 8:30 am

Fee: Pre-registration, t-shirts to pre-registrants

\$12 for 5K

\$ 0 for kids 1 mile

Race Day

\$17 for 5K

\$10 for kids 1 mile

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

Info: Pete Sanfilippo (845) 297-7950 or email petesan8@gmail.com

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



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 Lady of Lourdes High School, Town of Poughkeepsie 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.

Name: _____

Address: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: 5K 1 Mile Kids

T-shirt: SM Med LG XLG

Please Print Legibly