



# Mamas and Papas Senior 4K (2.48 miles) Run/Walk Must be 60 years old or over!

Race is supported by the  
Knights of Columbus  
Wappingers Council #1646



**Date:** Saturday, September 1, 2012

**Time:** 8:15 am for run/walk

**Place:** Wappinger Town Hall, Middlebush Road, Wappingers Falls, NY 12590

**Race Day Registration:** Opens at 7:15 am

**Fee:** \$5 for all entrants

**Awards:** Walkers

**Men:** 60-64, 65-69, 70-74, 75 and over

**Women:** 60-64, 65-69, 70-74, 75 and over

Runners

**Men:** 60-64, 65-69, 70 and over

**Women:** 60-64, 65-69, 70 and over

**Info:** Pete Sanfilippo (845) 297-7950 or email [petesan8@gmail.com](mailto: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 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 Mid-Hudson Road Runners Club, Town of Wappingers, 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 my rights to any photos, videos, images, etc. taken of me during this event.

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

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

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

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

**Circle one:** run walk

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

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

**Please Print Legibly**