



Joseph McDonald/Bill Crusie Memorial Run

35th Year

5K/ 10K/ 1 Mile Kids Run/5K Walk



Date: Saturday, June 2, 2012

Time: 8:00 am 5K runners and walkers
8:05 am 1 mile kids run
8:45 am for 10K (runners only)

Place: Mesier Park, Route 9D, Wappingers Falls, NY 12590
Park at Zion Church, across the street from Mesier Park

Race Day Opens at 7:30 am

Registration: (note 5K course for runners and walkers is now out and back)

Fees: Pre-registration (use the MHRRC shopping cart)
\$10 for MHRRC members, runners and walkers
\$12 for non club members, runners and walkers
Free for kids 1 mile (no walkers) if shopping cart pre-registration



Race Day

\$17 for 5K and 10K, runners and walkers
\$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, 60-69, 70+
Kids 1 mile: up to 7, 8-10, 11-13, tee shirts to first 25 kids registered
Walkers in 5K: first 10 to finish
McDonald trophy to first 10K Village finisher
Refreshments for all participants

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

Pre-Registration: Use MHRRC shopping cart on www.mhrrc.org 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, headphones

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, Village of Wappingers Falls, 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: _____

Address: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: 5K 10K 5K walk 1 mi Kids

Circle t-shirt size: S M L XL

Village Resident?: Yes No

Please Print Legibly