



## 5K Walk/Run 8 Mile Run Children's 1/2 mile Run



**FORM A TEAM NOW** in honor/memory of a family member or child

- Date:** Saturday, June 9, 2012
- Time:** 8:30 AM, 1/2 mile run for kids (4-11 years old) – T-shirts for all kids  
9:00 AM: start of both the 5K run/walk (all ages) and the 8 mile run
- Course:** Starts at Lakeside Park, 2 Lakeside Dr., Pawling, NY 12564 and continues through the scenic village of Pawling past the special bronze memorial statue of Ryan then back to the start.
- Family Event:** Fun for runners and non-runners! Face painting, 50/50 raffle, **PONY RIDES!!**
- Registration:** Register by June 9 on [www.mhrrc.org](http://www.mhrrc.org) (click *shopping cart* then *race registration*) or by mail (see below) **RACE DAY REGISTRATION BEGINS AT 7:30 a.m. & CLOSSES AT 8:30 a.m.**
- Prizes:** T-shirts for first 100 pre-registrants  
Awards for first overall male and female & 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> places in each age category:  
Female: up to 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Male: up to 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Awards for first, second, and third place kids
- Entry fees:** 5K - \$22 (\$27 on Race Day); 8 Mile \$25 (\$30 on race day);  
1/2 mile Kids - **FREE** if pre-registered (\$10 on race day)

**Register by Mail:**

send form below and check payable to: **"Ryan McElroy Children's Cancer Foundation"**  
to: **PO Box 452, Pleasant Valley, NY 12569**. Entries must be post-marked by 06/01/12.  
The "RYAN McELROY CHILDREN'S CANCER FOUNDATION" is a non-profit organization. More info at [www.ryansfoundation.org](http://www.ryansfoundation.org)

For more information, e-mail Lori Cassia-Decker at [lorirun4@hotmail.com](mailto:lorirun4@hotmail.com) or [www.mhrrc.org](http://www.mhrrc.org)

In consideration of accepting this entry, I the undersigned, intending to be legally bound, for myself, for anyone else I am registering, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Mid-Hudson Road Runners Club, the Ryan McElroy Children's Cancer Foundation, Lakeside Park and any other sponsors, their representatives, employees and successors for any and all injuries suffered by me in this event. I release my rights to all photos, videos, and images, etc. taken during the event of me or anyone else I am registering.

Name \_\_\_\_\_ I am registering for: 8 mile  5K  1/2 mile Kids Run

Address \_\_\_\_\_ Gender: F  M  Team Name (optional) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on race day \_\_\_\_\_ Date of birth \_\_\_\_\_ T-shirt size \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature of parent or guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

