



# Treetops to Rooftops 5K



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

**Date:** Saturday, June 16, 2012

**Time:** Race starts at 8:00 am

**Place:** Walkway Entrance, Highland, NY

**Race Day Registration:** Opens at 7:00 am

**Fee:** 5K Preregistration by June 14. Use the MHRRC shopping cart.

**\$18.00 MHRRC members**

**\$20.00 non-members**

**Race Day Registration**

**\$25.00 race day registration**

**Awards:** 5K

**Men:** 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**Women:** 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**Info:** Susanne O'Neil, soneil10@yahoo.com

**Pre-Registration:** Use the MHRRC shopping cart or  
Checks payable to Mid-Hudson Road Runners Club  
Send to Susanne O'Neil, 28 Arnold Blvd, Poughkeepsie, NY 12603

**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, Walkway over the Hudson, Towns of Highland and City of Poughkeepsie, 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 all photos, videos, images, etc. take 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

**Email address:** \_\_\_\_\_

