



Women's Run

5K and 10K Races

Date: Saturday, May 19, 2012

Time: 8:00 am – 5K and 10K

Place: On the new Dutchess County Rail Trail. Start and finish from parking lot off Van Wyck Lane (between Lake Walton Road and Route 376)

Race Day Registration: Opens at 6:30 am

Fee: Pre-registration received by May 17, 2012 (use the MHRRC shopping cart for \$5 discount from race day registration)

\$20 (\$18 for MHRRC members)

Race day \$25

Awards: 5K and 10K

Women: under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Special awards for pre-registered new runners (running for less than a year or first race or first race in over five years)

Pre-registered runners: raffle drawing and tee shirts to first 150

Info: Deb Dyle, debston@optonline.net

Pre-Registration: Use the MHRRC shopping cart at www.mhrrc.org or
Checks payable to Mid-Hudson Road Runners Club
Send to Sue O'Neil, 28 Arnold Blvd., Poughkeepsie, NY 12603

Restrictions: No strollers, roller blades, dogs, showers



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



Donation from race fees will be made to the Coalition Against Domestic Violence and Sexual Assault.



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, Town of LaGrange, Dutchess Rail Trail, 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: _____

Age: ____ **Gender:** F M

Date of Birth: _____

Race: 5K 10K

New Runner: Yes No

Signature: _____

(Parent's signature if under 18)