

DUTCHESS COUNTY REGIONAL CHAMBER OF COMMERCE'S HEALTH & WELLNESS CLUB
PRESENTS THE 1ST ANNUAL

Freedom

**SATURDAY
JULY 6 • 9 A.M.**

5K

Sponsored by:



RACE FROM VASSAR COLLEGE TO WARYAS PARK

RACE START: Walker Field House, Vassar College, 124 Raymond Avenue, Poughkeepsie, NY

Parking: North Lot, Vassar College (near intersection of Raymond and Hooker Avenues)

Registration: Register by July 1st on www.mhrrc.org. Click shopping cart then race registration. Race Day Registration begins at 7:00 am and closes at 8:30 am.

- **T-shirts for first 200 pre-registrants**
- **Special T-shirt to first 50 "My First 5K Race" registrants**

Awards: Trophies for first overall male and female. Male and female 1st, 2nd and 3rd place trophies in the following age categories: Under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Please note: This is a fast, point-to-point race with a downhill finish. Runners will start inside the grounds of Vassar College, proceed to Raymond Avenue, north to Main Street to Waryas Park. Shuttle bus service for runners will be provided from 10:00 am-12 noon, every half hour from Rinaldi Boulevard, returning to the North Lot at Vassar College.

Entry fees: Pre-registration - \$20.00 • Race Day - \$30.00

Restrictions: No walkers, strollers, roller blades, dogs, headphones.

For more info or to register by mail:

Contact Audra Gerty at audra@dccoc.org, call (845) 454-1700 ext. 1007 or go to dccoc.org/heritagedays



This is the inaugural "Freedom 5K" race, presented by the Health & Wellness Committee of the Dutchess County Regional Chamber of Commerce, Inc. in partnership with the Mid-Hudson Road Runners Club. Donation from race fees will be made to the Dutchess Outreach Food Drive.

