Sports Museum Hall of Fame
of Dutchess County Cross Country Race
5K Cross Country Run/ 1 Mile Kids Run
New 5K XC course

Date: Sunday, September 22, 2013

Time: 9:30 am for 1 mile kids run for boys and girls up to age 13
10:00 am for 5K

Place: New location: Carnwath Farms, Wheeler Hill Road, Wappingers

Race Day Registration: Opens at 8:45 am

Fee: Pre-registration – t-shirts to pre-registrants!
- $10 for MHRRC members
- $12 for non club members
- Free kids 1 mile if using shopping cart on www.mhrrc.org

Race Day
- $17 for 5K
- $10 for kids

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 pre-registered

Info: Pete Sanfilippo (845) 297-7950 or emailpetesan8@gmail.com

Pre-Registration: Use MHRRC shopping cart at www.mhrrc.org or
Checks payable to MHRRC and mail to
Pete Sanfilippo, 8 Carmine Drive, Wappingers Falls, NY 12590

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

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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 Poughkeepsie, Sports Museum of Dutchess County, 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 all my rights to any photos, videos, images, etc. taken during this event

PLEASE PRINT CLEARLY

Name: _____
Address: _____
_____
Phone: _____
Signature: _____
(Parent's signature if under 18)

Age: _____ **Gender: F M**
Date of Birth: _____
Circle one: 5K 1 Mile Kids
T-shirt size: SM Med LG XLG

Please Print Legibly