



Turkey Trot

25K, 5 mile, 2 mile fun, 1 mile kids run

Date: Thursday, November 28, 2013

Time: 8:45 am 25K Bob Rother Memorial 25K
9:05 am 1 mile kids run (13 yrs and under)
9:00 am 5 mile run
9:05 am 2 mile fun run (no awards)



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

Place: Arlington High School, Route 55, Freedom Plains, NY

Race Day Registration: 7:00 – 8:00 am in the Main Lobby of AHS
Special Turkey Trot Memento to be given to pre-registrants

Fee: Pre-registration by November 26, 2013
\$16.00 members/ \$18 non-members for 25K and 5 mile
\$ 8.00 members/ \$10 non-members for 2 mile fun run
\$ 0 for all kids runs in 2012; please pre-register on shopping cart

Race Day
\$7 more for race day registrations; Kids race \$10 on race day

Awards: 25K: top 3 Men 29 and under, 30-39, 40-49, 50-59, 60+
top 3 Women, 29 and under, 30-39, 40-49, 50-59, 60+
5 mile: Men: up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
Women: up to 18, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Kids: 10 and under, 11-13



Pre-Registration: Use MHRRC shopping cart at www.mhrrc.org or
Checks payable to Mid-Hudson Road Runners Club
To Vince Veltre, 7 Merrick Road, Poughkeepsie, NY 12603
More info: vincerun@aol.com

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, an administrators, waive and release any and all claims for damages I may have against Mid-Hudson Road Runners Club, Arlington Central School District, the Road Runners Club of America, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event. I also release my rights to any photos, videos, images, etc. taken of me during this event. .

Name: _____
Address: _____

Zip Code: _____
Phone: _____

Age: _____ **Gender:** F M
Date of Birth: _____
Circle one: 25K 5 mile
 2 mile fun run 1 mile kids run

Signature:
(Parent's signature if under 18)