

# MidHudson Road Runners Club



## Treetops to Rooftops 5K

**WALKWAY**  
OVER  
THE HUDSON



**Date:** Saturday, June 14, 2014

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

**Place:** Walkway Entrance, 87 Haviland Rd. Highland, NY

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

**Fee:** 5K Preregistration by June 12

**\$18.00 MHRRC members in shopping cart at [www.mhrrc.org](http://www.mhrrc.org)**

**\$20.00 non-members and all mail ins**

**Checks payable to: Mid-Hudson Road Runners Club**

**Send to: Susanne O'Neil, c/o Walkway Over the Hudson, P.O Box 889**

**Poughkeepsie, NY 12602**

**Please state: Treetops to Rooftops 5K on front envelope**

Race Day Registration

**\$28.00 race day registration**

**Awards:** 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](mailto:soneil10@yahoo.com)

**Restrictions:** No roller blades, baby strollers, dogs, 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, New York State Office of Parks, Recreation and Historic Preservation, Town of Lloyd 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:** \_\_\_\_\_

**Age:** \_\_\_\_ **Gender:** F M

**Address:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Tee shirt size:** S M L XL

**Zip code:** \_\_\_\_\_

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

**Phone:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**(Parent's signature if under 18)**

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