

# MidHudson Road Runners Club



## Women's Run 5K and 10K

**Date:** Saturday, May 17, 2014

**Time:** 8:00 am for 10K, 8:10 am for 5K

**Place:** On the 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 by: May 15, 2013  
**\$18 for MHRRC members in shopping cart at: [www.mhrrc.org](http://www.mhrrc.org).**  
**\$20 for non club members and all mail-ins**  
**Checks payable to: *Mid-Hudson Road Runners Club***  
**Send to: Sue O'Neil, PO Box 889, Poughkeepsie, NY 12601**  
**Please state *MHRRC Women's Run* on the front envelope**

Race day: **\$28**

**Awards:** 5K and 10K

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

**Special awards for pre-registered 5K new runners (running for less than a year or first race or first race in over five years)**

*Guaranteed tee shirts to first 150 pre-registered.*

**Info:** Polly Sparling at [pts4257@aol.com](mailto:pts4257@aol.com)

**Restrictions:** No strollers, roller blades, dogs, headphones



Donation from race fees will be made to the Coalition Against Sexual and Domestic Abuse (CASADA).

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 East Fishkill, 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:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

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

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

**Race:** 5K 10K

**New Runner:** Yes No

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

**E-mail:** \_\_\_\_\_

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