

MID-HUDSON ROAD RUNNERS CLUB

Joseph McDonald Bill Crusie 40th Memorial Runs

SATURDAY,
JUNE 3, 2017



5K 8:00 AM



10K 8:45 AM



KIDS 1 MILE 8:05 AM

LOCATION Mesier Park, Village of Wappingers, NY. Park at Zion Church

RACE DAY REGISTRATION Opens at 7:30am

PRE-REGISTRATION Deadline June 1, 2017

AWARDS

WOMEN

Up to 18, 19-29, 30-39,
40-49, 50-59, 60-69, 70+

MEN

Up to 18, 19-29, 30-39,
40-49, 50-59, 60-69, 70+

KIDS

Up to 7, 8-10, 11-13



RACE FEES

PRE-REGISTRATION

use MHRRC SHOPPING CART

\$18 MHRRC members, \$20 non-members

Kids are free if preregistered online

RACE DAY REGISTRATION

Race Day \$25 for 5K & 10K; kids \$10

*Please, no walkers, wheelchairs, roller blades,
baby strollers, dogs, or headphones*



REGISTRATION

Name: _____

Date of Birth: ___ / ___ / ___

Age on race day: _____

Race: 5K 10K KIDS 1 Mile

Tee: S M L XL

Gender: M F Phone: (_____) _____ - _____

Address: _____

_____ Zip _____

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, Village of Wappingers, Town of Poughkeepsie, 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 my rights to any photos, videos, images, etc. taken of me during this event.

Signature: _____

Parent's signature if under 18

Make checks payable to Mid-Hudson Road Runners Club ★ Send registration by mail to Irv Miller, 11 Manor Drive W., Poughkeepsie, NY 12603

For more information, contact Irv Miller at immiller1@juno.com