

MID-HUDSON ROAD RUNNERS CLUB

Turkey Trot

Thursday,
November 23, 2017



Bob Rother Memorial

25K - 8:30 AM



Kids 1 Mile - 8:45 AM



Joe Maggi 5 Mile

9:15 AM



2 Mile Fun Run - 9:25 AM

LOCATION Arlington High School, Route 55, Lagrange, NY

PRE-REGISTRATION Deadline November 21, 2017

RACE DAY REGISTRATION Opens at 7:00 am. Closes 8:15 for kids and 25K. Closes 9:00 for 2-mile and 5-mile.

AWARDS

25K

Up to 25, 30-39, 40-49, 50-59, 60+

5 Mile

Up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, extra men's 70-74, 75+

Kids

Up to 5, 6-7, 8-10, 11-13

Souvenirs

T-shirts first 1000 pre-registered.
Puzzles to kids.



RACE FEES

	Pre-Registered		Race Day
	MHRRC Members	Non-Members	
25K	\$18	\$20	\$30
5 Mile	\$18	\$20	\$30
2 Mile	\$13	\$15	\$25
Kids	0	0	\$10

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



Name: _____

Date of Birth: ___ / ___ / ___

Race: 25K Kids 5-mile 2-mile

T-Shirt: S M L XL

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

Address: _____

_____ Zip _____

E-Mail: _____

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 LaGrange, Arlington School District, 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

Please Print Clearly

REGISTRATION

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

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