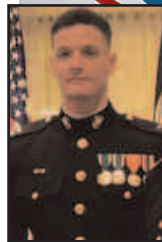


**SECOND ANNUAL MID-HUDSON VALLEY**

**RUN FOR HEROES**



**Sat  
June 9th**



**All Runners of All Ages Welcome To Race! Military Dog Tags to Winners and Finishers!**

**Register at [www.mhrrc.org](http://www.mhrrc.org)**

**Contact Email**

**HVrun4heroes@gmail.com**

**On The Rail Trail at Gold's Gym**

**5K Run/Ruck 8:00am start**

**10K Run/Ruck 8:00am start**

**\$20 Pre-Registration \$30 Race Day**

**Free Kid's One Mile (12& under)**

**if Pre-Registered \$10 Race Day**

**7:30am start**

**First Responders & Military Members**

**\$10 If Pre-Registered, \$20 Race Day**



**Meet Co-Race Director and World Marathon Challenge Winner and World Record Holder (7 marathons on 7 continents in 7 days) Captain Daniel Cartica.**

**"We will honor our local heroes who passed away and their families:**

- Mount Marion Firefighter **Captain Jack Rose**
- Petty Officer First Class **Corey Ingram**
- FDNY firefighter **Ray Phillips**
- Walden Police Officer **Dustin James**
- NYPD Detective **Nicholas Budney**
- New Hackensack Firefighter **Julia Eurillo**
- As well as **the 9 Marines from VMGR-452 at Stewart Air National Guard Base that passed away in July 2017.** We will also honor and salute all first responders and service members from the Hudson Valley area.

**A USMC Color Guard will present the colors prior to the first race and other first responder and veteran support groups will be present.**

**Formal Ceremony & Race Awards 9:45 AM**

Check Race:  Kids 1 Mile - FREE (\$10 race day)  5K - \$20 (\$30 race day)  10K - \$20 (\$30 race day) Any 1st Responder, Military, Fire or Police Member with Proper ID will be refunded \$10 on Race Day for their race.

Name \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ email \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Adult T-Shirt Size  X Small  Large  Child Small

Small  X-Large  Child Med

Medium  Child Large

**Register online [www.mhrrc.org](http://www.mhrrc.org)**

Pre-registration: Applies to entries received on or before June 6, 2018. **RACE PACKETS MUST BE PICKED RACE DAY FROM 6:00 A.M. TO 7:00 A.M AT GOLD'S GYM. Make checks payable to: Mid Hudson Road Runners Club and send registration to: Keith Axelrod, Mid Hudson Road Runners Club, 210 N Parلمان Rd, Lagrangeville, NY 12540**

Waiver for Race Applications: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Run For Heroes Race, Mid-Hudson Road Runners Club, Town of LaGrange, Gold's Gym, the Road Runners Club of America, USATF and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. Please, No Dogs, Roller Blades, or Headphones.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_ Parent's Signature \_\_\_\_\_ if under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_