

MID-HUDSON ROAD RUNNERS CLUB

FRIDAYS
June 29, 2018
July 6, 2018
July 13, 2018
July 20, 2018

1ST event at 6:15 pm

Twilight Track Series

RACE DAY REGISTRATION Opens at 5:30 pm

LOCATION Arlington High School Track, 1157 Route 55, LaGrangeville, NY

ENTRY FEES

Covers entire series

Family: \$45

Individual: \$15

One night, one individual: \$5

Registration each night prior to start of
1st event.

HEALTHQUEST



ORDER OF EVENTS

- | | | |
|----|-----------|-------------------|
| 1 | 200m dash | Ages 14 & under |
| 2 | 100m dash | Men & women |
| 3 | 1600m run | Men & women |
| 4* | 25m dash | Ages 4 and under |
| 5* | 50m dash | Ages 6 & under |
| 6* | 75m dash | 7 – 9 years old |
| 7* | 100m dash | 10 – 14 years old |
| 8 | 400m dash | Men & women |
| 9 | 400m dash | 14 & under |
| 10 | 800m dash | Men & women |
| 11 | 200m dash | Men & women |
| 12 | 3200m run | Men & women |

*children's straight-away races

Day of Race
Registration
Only

REGISTRATION

In consideration of accepting this entry, I, the undersigned, waive and release all claims for damages I may have against the Arlington High School District, the Mid-Hudson Road Runners Club, or any and all sponsors, event volunteers, and organizers for any and all injuries suffered by me or my family in this event.

Signature: _____

Street Address: _____

City/Town: _____

Names of Participating Family Members Age T-shirt size**
Kids (under 17)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**T-shirts are for ages 17 and under only. Parents: please enter size XS, S, M, L. We make every effort to fill sizes, but there are no guarantees. Individuals must sign up for entire series to receive a T-shirt.

Make checks payable to Mid-Hudson Road Runners Club ★ Contact Tom Storey (845) 453-6316

For more information, contact Tom Storey at thomascstorey@yahoo.com