

# MID-HUDSON ROAD RUNNERS CLUB

SUNDAY,  
MARCH 03, 2019



5 MILE

9:00 AM



10 MILE

9:15 AM

## Ed Erichson Memorial Races

**LOCATION** LaGrange Town Hall, Stringham Rd, Lagrange, NY

**RACE DAY REGISTRATION** Opens at 8:00am

**PRE-REGISTRATION** Deadline March 1, 2019

### 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+

#### T-SHIRTS

For first 100 runners  
pre-registered



### RACE FEES

#### MEMBERS

\$15 Online Pre-Registration  
\$20 Mailed Registration  
\$25 Race Day Registration

#### NON-MEMBERS

\$20 Online & Mailed Pre-Registration  
\$25 Race Day Registration

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



REGISTRATION

Name: \_\_\_\_\_

Date of Birth: \_\_\_ / \_\_\_ / \_\_\_

Race: 5 mi 10 mi T-Shirt: S M L

Gender: M F Phone: ( \_\_\_ ) \_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

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, 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 Linda Stow, 11 Flamingo Dr, Poughkeepsie, NY 12601

For more information, contact Linda Stow at [lstowl@gmail.com](mailto:lstowl@gmail.com)