

# MID-HUDSON ROAD RUNNERS CLUB

SUNDAY,  
JANUARY 13, 2019



Up to 50K  
as far as you can go

9:00 AM



## Recover from the Holidays

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

Check [www.mhrrc.org](http://www.mhrrc.org) for weather cancellation

**LOCATION** Norrie Point AT Margaret Lewis Norrie State Park, Staatsburg

Off route 9 north of Vanderbilt mansion. Start and finish at Norrie Point along the usually frozen Hudson River.

### A DIFFERENT KIND OF RACE

- 10 repeats of out and back 5K course on hilly park roads.
- Little to no traffic; park officials maintain the course as best they can, but course can be snow-covered and icy.
- Runners encouraged to come out and run as many or as few laps as they would like for their long weekend run.
- There is no charge and no awards
- You must sign a waiver at the race.



### RACE DETAILS

- If you want to run the whole 50K, let the race directors know and your laps are counted.
- Race directors supply water and port-a-Jon.
- Course open for six hours.
- Runners bring their own magic foods.
- No wheelchairs, strollers, dogs, sleds, snowmobiles, etc. Just runners.

Use this to  
register at  
race

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

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

Race: full 50K less than 50K

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 Staatsburg, 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*

REGISTRATION

No pre-registration; use this form to register on race day

For more information, contact Pete Colaizzo by email ([runhed246@hotmail.com](mailto:runhed246@hotmail.com)) or phone (845-309-3640)