

MID-HUDSON ROAD RUNNERS CLUB

SATURDAY,
MAY 18, 2019



10K at 8:00 AM



5K at 8:10 AM

Women's Run

PRE-REGISTRATION Deadline May 16, 2019

RACE DAY REGISTRATION Opens at 6:30am

LOCATION Dutchess Rail Trail at Van Wyck Trailhead, Van Wyck Lane (between Rte. 376 and Lake Walton Rd), Wappingers Falls

AWARDS

WOMEN

Up to 19, 19-29, 30-39,
40-49, 50-59, 60-69, 70+

Special awards for pre-registered 5K
new runners, running less than a year OR
first race OR first race in over five years

Tee shirts guaranteed to first 100
registrants.



RACE FEES

MEMBERS

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

NON-MEMBERS

\$25 Online & Mailed Pre-Registration
Race Day \$30

Please, no roller blades, baby strollers,
dogs, wheelchairs, or headphones.
Walkers must complete their event in 90
minutes or less.



REGISTRATION

Name: _____

Date of Birth: ____ / ____ / ____

Race: 5K 10K

Tee: S M L XL

New Runner? Yes No

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 Wappingers, 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 MHRRC ★ Send registration by mail to Polly Sparling, 41 Sheraton Drive, Poughkeepsie, NY 12601 Mark envelope "Women's Run"

For more information, contact Polly Sparling pts4257@aol.com