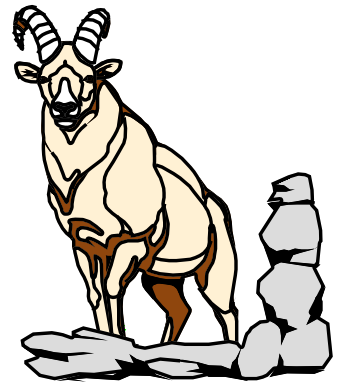




# Billy Goat 5K Trail Run

## Sunday October 18, 2009



Directed and Organized by the  
**Mid-Hudson Road Runners Club**  
12 and under 1K "Kids" X-country fun run

**Location:**

James Baird State Park (in LaGrangeville, NY)  
1 mile north of Rte 55  
on the Taconic State Parkway

**Start Times:**

5K at 10:00 A.M.  
"Kids" 1K run at 10:45 A.M.

**Registration:**

Race day registration and packet pickup  
8:45 to 9:45 A.M.

**Entry Fees:**

**Billy Goat Pigment Dyed Long Sleeve Tee  
to the first 100 registered 5K runners.**  
\$15.00 5K preregistered by 10/13/09  
\$18.00 5K race day entries  
\$5.00 "Kids" run preregistered by 10/13/09  
\$7.00 "Kids" run race day entries

**Divisions:**

awards to top finishers in each age group per gender  
(5K - 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)  
(awards to all kids run finishers)

**Inquiries:**

Wayne McDaniel @ 227-6308 or run426n2@aol.com

Checks payable and mailed to:

**Entries:**

**Wayne McDaniel**  
119 Shenandoah Road  
Hopewell Jct, NY 12533



Register OnLine using the  
Club's Shopping Cart at  
MHRRC.ORG or go to



Post Race refreshments and  
5K Awards provided by  
Sweet Creations Bakery of  
Rte 376 in Wappingers Falls



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, James Baird State Park and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event.



Runner's Signature \_\_\_\_\_ Date of Birth \_\_\_\_\_  
(Parent or guardian signature required on behalf of runners under age 18)

Name \_\_\_\_\_ Age on 10/18/09 \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Race: 5K 1K

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ 5K T-shirt Size: S M L XL

eMail address \_\_\_\_\_