



Billy Goat 5K Trail Run

Sunday October 21, 2012

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.



Billy Goat Pigment Dyed Long Sleeve Tee
GUARANTEED to all 5K runner Registrations
RECEIVED by 10/11/12

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

Entry Fees:

\$15.00 5K MHRRC Members preregistered by 10/16/12
\$17.00 5K non MHRRC Members preregistered by 10/16/12
\$20.00 5K race day entries
free "Kids" run preregistered by 10/16/12
\$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



Entries:

Checks payable to: **MHRRC**
Wayne McDaniel
mailed to: 119 Shenandoah Road
Hopewell Jct, NY 12533

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 10/21/12 _____ Sex: M F

Address _____ Phone () _____ - _____ Race: 5K 1K

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

eMail address _____