

MID-HUDSON ROAD RUNNERS CLUB

SUNDAY,
OCTOBER 20, 2019



5K
10:30 AM



KIDS 1 MILE
10:00 AM

Billy Goat Trail Run

LOCATION James Baird State Park (expect some technical terrain on this XC route: rocks, roots, downed trees)

RACE DAY REGISTRATION Opens at 8:30am

PRE-REGISTRATION Deadline 12 midnight October 18, 2019 **You must Pre-REG by Oct. 6 to get a free shirt**

Long sleeve tee shirts to 5K runners who register by Oct 6

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+

KIDS

Under 4, 5-6, 7-8, 9-10, 11-12



RACE FEES

Kids pre-registered online are free
Kids Day of Race \$10

MEMBERS

\$17 Online Pre-Registration
\$20 Mailed Registration
\$30 Race Day Registration

NON-MEMBERS

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

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



REGISTRATION

Name: _____

Date of Birth: ___ / ___ / ___

Race: 5K Kids T-Shirt: S M L XL

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 MHRRC ★ Send registration by mail to Tom Storey, 15 Fox Run, Wappingers 12590

For more information, contact Tom Storey at thomascstorey@yahoo.com or Paul Dubetsky at Pd986@optonline.net