



Hunns Lake Food Pantry Run

2.2 Mile Run/Walk and 4.6 Mile Run

Benefits Dutchess County Food Pantries
as part of Make-A-Difference Day

Date: Saturday, October 23, 2010

Time: 9:30 am 2.2 Mile Run
10:00 am 4.6 Mile Run
10:15 am 2.2 Mile Walk

Place: 69 East Hunns Lake Road, Stanfordville (Taconic to Route 44 East to Route 82 North to County Route 65 to Hunns Lake Road)

Registration: Opens at 8:30 am – bring your bag of groceries early!

Fee: Pre-registration by October 21, 2010

\$15.00 + suggested bag of non-perishable groceries for MHRRC members

\$17.00 + suggested bag of non-perishable groceries for non-members

Race Day

\$20 + suggested bag of non-perishable groceries, MHRRC

\$22 + suggested bag of non-perishable groceries, non-members

Awards: Men: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Women: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Homemade afghans to 1st prize winners!
After-race homemade chili, soup and bread

Info: Barbara Seguire, email irisgrow@aol.com, (845) 702-3097



Send to: Register with shopping cart on www.mhrrc.org
Checks payable to MHRRC

To Barbara Seguire, 1285 Route 82, Hopewell Junction, NY 12533

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 Stanfordville, 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 all my rights to photos, videos, images, etc. taken of me during this event.

Name: _____

Age: _____ **Gender:** F M

Address: _____

Date of Birth: _____

Circle one: 2.2 Run 2.2 Walk 4.6 Run

Signature: _____

(Parent's signature if under 18)