

**38th Annual
Twilight Summer Track Series**
Sponsored by the Mid-Hudson Road Runners' Club

DATES: July 10, July 17
July 24, July 31, 2009

ORDER of EVENTS
* Children's Straight-Away Races

TIME: Sign up begins at 5 P.M.
1st Event Begins at 6:15 PM

WHERE: Union Vale Middle School
1657 E. Noxon Road
Lagrangeville NY

ENTRY FEE: (Covers entire series)
Family: \$30 / Individual \$15
\$5 for one night (Individual Only)
Registration on July 10, 17, 24, and 31
No Pre-Registration

CONTACT: Patrick DeHaven
845-473-3204 (H)
pwdehaven@msn.com

1	200m dash	Ages 14 and under
2	100m dash	Men & Women
3	Mile Run	M/W Masters
4*	50m dash	Ages 6 and under
5*	75m dash	7-9 year olds
6*	100m dash	10-14 year olds
7	400m dash	Men & Women
8	400m dash	14 and under
9	800m dash	Men & Women
10	200m dash	Men & Women
11	2 Mile Run	M/W Masters
12	Mile Relay	(If time permits)

In consideration of accepting the entry, I, the undersigned, waive and release any and all claims for damages I may have against the Arlington School District, The Mid-Hudson Road Runners' Club, or any and all sponsors, event volunteers, and organizers for any and all injuries suffered by me or my family in this event.

Names of Participating Family Members

Age

Child's**
T-Shirt Size

SIGNATURE: _____
(If under 18, parent's signature required)
City or Town: _____

(Street Address)

****Please Note: T-Shirts are for ages 17 and under ONLY.** Parents: Please enter size. YXS (Youth Extra Small), YS (Youth Small), YM (Youth Medium), YL (Youth Large), AS (Adult Small), AM, AL. We will make every effort to fill sizes, but there are no guarantees. Individuals must sign up for entire series to receive a T-shirt.

