

**39th Annual
Twilight Summer Track Series**
Sponsored by the Mid-Hudson Road Runners' Club

DATES: July 9, July 16
July 23, July 30, 2010

ORDER of EVENTS
* Children's Straight-Away Races

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

WHERE: Spackenkill High School
112 Spackenkill Road
Poughkeepsie, NY

ENTRY FEE: (Covers entire series)
Family: \$30 / Individual \$15
\$5 for one night (Individual Only)
Registration each night prior to start of 1st event
No Pre-Registration

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

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|----|-----------|-------------------|
| 1 | 200m dash | Ages 14 and under |
| 2 | 100m dash | Men & Women |
| 3 | 1600m 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 | 3200m Run | M/W Masters |
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In consideration of accepting the entry, I, the undersigned, waive and release any and all claims for damages I may have against the Spackenkill Union Free 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

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| | | |

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

(Street Address)

City or Town: _____

****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.

