

MID-HUDSON ROAD RUNNERS CLUB



Turkey Trot

Thursday
November 22, 2018

★
Bob Rother Memorial
25K – 8:30 AM

★
Kid's 1 Mile – 8:45 AM
2 Mile Fun Run – 9:25 AM

★
Joe Maggi 5 Mile
9:15 AM

LOCATION Arlington High School Route 55, LaGrange, NY.
RACE DAY REGISTRATION Opens at 7:00 am
PRE-REGISTRATION Deadline November 20, 2018

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

Up to 4, 5-7, 8-10, 11-13



LIMAR
Landscape Management, Inc.



RACE FEES

	Pre Registered		Race Day
	MHRRC Members	Non Members	
25K	\$18	\$20	\$30
5 Mile	\$18	\$20	\$30
2 Mile	\$13	\$15	\$25
Kids	0	0	\$10

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



REGISTRATION

Name: _____

Date of Birth: ____ / ____ / ____

Race: 25K Kids 5-Mile 2-Mile

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, Town of Pleasant Valley, Arlington School District, 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: _____

Make checks payable to Mid-Hudson Road Runners Club. Mail to Irvin Miller, 11 Manor Dr W., Poughkeepie, NY
For more information, Contact Irvin Miller at immiller1@juno.com