



Wa Wa Wally Waddle

5K Run/Walk

Run a 5K Win a Pie!



Benefitting YMCA Camp Wa Wa Segowea

Please visit www.friendsofsegowea.org to find out more.

Date & Time

Sunday May 13, 2012

7:30 -9:00 am Race Day Registration

9:30 am 1 Mile Kids Run (13 and under)

9:45 am 100 yard Kids Run (9 and under)

10:00 am 5K Run/Walk

Place

Vassar Farm on Hooker Ave.
Poughkeepsie, NY

Fees

Pre-registration by May 11

\$13 for MHRRRC members 5K

\$15 for non-members 5K

Free 1 Mile Kids run (13 and younger)

Free 100 yard Kids Run (9 and younger)

Race Day Registration

\$20 for 5K Run/Walk

Awards:

- Trophies + Fresh Baked Pies for overall 1st place male/female finishers.
- Fresh Baked Pies for 1st Place male/female age group winners.
- Stay for the post race pie raffle!

To register please return this form with payment to: **Joshua Perks•25 Manor Hill Drive•Fairport NY 14450**

Make Checks Payable to: **Mid Hudson Road Runners Club**

visit www.mhrrc.org to register online

Waiver: 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 Mid-Hudson Road Runners Club, Vassar College, the Road Runners Club of America, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event. I also release my rights to any photos, videos, images, etc. taken of me during this event.

Name: _____

Street Address: _____

City, St, ZIP: _____

Phone: _____

Signature _____ Date _____
(Signature of parent or guardian if under 18)

- Check One: \$15 5k Pre-register
 \$20 5k Race Day
 1 Mile kids run free
 100 Yard kids run free

Camp Alumni: Yes No

T-shirt Size: XS S M L XL
(First 100 pre-registered)

Sex: M F Date of Birth: _____

Sponsored by:



Babycakes Café

CAYA Restaurant & Café

Finnish Solutions

Mid-Hudson Oral Surgeons

Mid-Hudson Road Runners Club

Molloy Pharmacy

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Roadkill Racing

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