



Turkey Trot

25K, 5 mile, 2 mile fun, 1 mile kids run

Date: Thursday, November 24, 2011

Time: 8:30 am 25K Bob Rother Memorial 25K
8:45 am 5 mile run
9:00 am 2 mile fun run (no awards)
9:00 am 1 mile kids run (13 years and under)



MHRRC is proud to have MVP Health Care as our race sponsor.

Place: Arlington High School, Route 55, Freedom Plains, NY

Race Day Registration: 7:00 – 8:30 am in the Main Lobby of AHS

Fee: Pre-registration by November 23, 2011
\$16.00 members/ \$18 non-members for 25K and 5 mile
\$ 8.00 members/ \$10 non-members for 2 mile fun run
\$ 0 for all kids runs in 2011; must pre-register on shopping cart
Race Day
\$7 more for race day registrations for all races

Long Sleeve Tech Shirts Long Sleeve Tech Shirts to the first 600 Adult Entries. Please select size below.

Pre-Registration: Use MHRRC shopping cart, active.com or
Checks payable to Mid-Hudson Road Runners Club
To Vince Veltre, 7 Merrick Road, Poughkeepsie, NY 12601
More info: vincerun@aol.com

Restrictions: No strollers, roller blades, dogs, showers



In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, an administrators, waive and release any and all claims for damages I may have against Mid-Hudson Road Runners Club, Arlington Central School District, 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: _____
Address: _____

Zip Code: _____
Phone: _____

Signature: _____

Age: _____ **Gender:** F M
Date of Birth: _____
Circle one: 25K 5 mile
2 mile fun run 1 mile kids run
Tech Shirt Size: S M L X-L
Circle One:

(Parent's signature if under 18)