

# MID-HUDSON ROAD RUNNERS CLUB

SATURDAY,  
MAY 14, 2016



10K at 8:00 AM



5K at 8:10 AM

## Women's Run

**PRE-REGISTRATION** Deadline May 12, 2016

**RACE DAY REGISTRATION** Opens at 6:30am

**LOCATION** Dutchess Rail Trail at Van Wyck Trailhead (between Lake Walton Road and Route 376), Wappingers

### AWARDS

#### WOMEN

Up to 19, 19-29, 30-39,  
40-49, 50-59, 60-69, 70+

*Special awards for pre-registered 5K  
new runners, running less than a year OR  
first race OR first race in over five years*



### RACE FEES

#### MEMBERS

\$20 Online Pre-Registration  
Race Day \$28

#### NON-MEMBERS

\$25 Online & Mailed Pre-Registration  
Race Day \$28

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



REGISTRATION

Name: \_\_\_\_\_

Date of Birth: \_\_\_ / \_\_\_ / \_\_\_

Race: 5K 10K

Tee: S M L XL

New Runner? Yes No

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 Wappingers, 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: \_\_\_\_\_

*Parent's signature if under 18*

Make checks payable to MHRRC ★ Send registration by mail to Polly Sparling, 41 Sheraton Drive, Poughkeepsie, NY 12601 Mark envelope "Women's Run"

For more information, contact Polly Sparling pts4257@aol.com