



Sports Museum Hall of Fame of Dutchess County Cross Country Race 5K Cross Country Run/ 1 Mile Kids Run

Running clubs team competitions: MHRRC, Taconic, Onteora, etc.

Date: Sunday, October 23, 2011

Time: 10:30 am for 1 mile kids run for boys and girls up to age 13
11:00 am for 5K

Place: Bowdoin Park, Sheafe Road, Town of Poughkeepsie



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

Race Day Registration: Opens at 9:30 am

Fee: Pre-registration – t-shirts to pre-registrants!

\$10 for MHRRC members

\$12 for non club members

\$ 0 free to kids; please register on shopping cart

Race Day

\$15 for 5K

\$10 for kids – free if shopping cart pre-registration

Awards: Men: up to 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Women: up to 18, 19-29, 30-39, 40-49, 50-59, 60+

Kids 1 mile: up to 7, 8-10, 11-13; tee shirts to first 25 pre-registered

Info: Pete Sanfilippo (845) 297-7950 or email petesan@optonline.net

Pre-Registration: Use MHRRC shopping cart or
Checks payable to MHRRC and mail to
Pete Sanfilippo, 8 Carmine Drive, Wappingers Falls, NY 12590



Restrictions: No walkers, roller blades, baby strollers, dogs, showers

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 Poughkeepsie, Sports Museum of Dutchess County, 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 all my rights to any photos, videos, images, etc. taken during this event

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Phone: _____

Signature: _____

(Parent's signature if under 18)

Age: _____ **Gender:** F M

Date of Birth: _____

Circle one: 5K 1 Mile Kids

T-shirt size: SM Med LG XLG

Please Print Legibly