

# MID-HUDSON ROAD RUNNERS CLUB

## Joseph McDonald Bill Crusie 39th Memorial Races

SATURDAY,  
JUNE 4, 2016



5K 8:00 AM



10K 8:45 AM



KIDS 1 MILE 8:05 AM

**LOCATION** Mesier Park, Village of Wappingers, NY. Park at Zion Church

**RACE DAY REGISTRATION** Opens at 7:30am

**PRE-REGISTRATION** Deadline June 1, 2016

### 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 7, 8-10, 11-13

**T-SHIRTS TO FIRST REGISTERED**  
25 kids and 100 5K & 10K



### RACE FEES

#### MEMBERS

\$10 Online Pre-Registration  
\$10 Mailed Registration  
Race Day \$18 for 5K & 10K; kids \$10

#### NON-MEMBERS

\$12 Online & Mailed Pre-Registration  
Race Day \$18 for 5K & 10K; kids \$10

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



REGISTRATION

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

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

Age on race day: \_\_\_\_\_

Race: 5K 10K KIDS

Tee: S M L XL

Gender: M F Phone: ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

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, Town of Poughkeepsie, 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 Mid-Hudson Road Runners Club ★ Send registration by mail to Pete Sanfilippo, 8 Carmine Dr., Wappingers, NY 12590

For more information, contact Pete Sanfilippo at [petesan8@gmail.com](mailto:petesan8@gmail.com) or (845) 297-7950