

MidHudson Road Runners Club



Jailbreak for Home 5K run, 5K walk, kids run

Date: Saturday, May 2, 2015

Time: 10:00 am

Place: Dutchess Stadium, 1500 Route 9D, Wappingers Falls, NY 12590

Race Day Registration: Opens at 8:00 am on race day.

Fee: Pre-registration by: April 30, 2015
\$22 5K run/walk (\$20 for MHRRC members)
\$0 for all kids (12 and under) pre-registered in the shopping cart
\$10 kids' mail-ins.

Checks payable to: **Renegades Pitch for Kids Fund**

Send to: **Jailbreak for Home, Dutchess Stadium,
1500 Route 9D, Wappingers Falls, NY 12590**

Race day: **5K run and walk \$27, Kids \$10**

Awards: 5K run: **Separate Men and Women:**
under 19, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

5K walkers: no awards Kids: fun run around the bases based on age

Pair of 2014 Renegades tickets and one month free membership to Gold's Gym to all registered participants. Tee shirts to first 300 registered in 5K run.

Info: **PitchforKids.org or (845) 838-0094**

Restrictions: **No strollers, roller blades, dogs, headphones**



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 Fishkill, Town of Wappingers, Townsquare Media, Gold's Gym, Hudson Valley Renegades, Renegades Pitch for Kids, St. Luke's Cornwall Hospital, Modell's, 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.

Name: _____

Address: _____

Signature: _____

(Parent's signature if under 18)

Age: ____ **Gender:** F M

Date of Birth: _____

Race: 5K run 5K walk Kids

Tee shirt size: S M L XL

E-mail: _____

Please write clearly.

Use the MHRRC shopping cart to pre-register at www.mhrrc.org