



5K/10K

Sunday, June 16, 2019

10k Starts at 8:45 and 5K Starts at 9:00 am Sharp (Rain or Shine)

All Proceeds will be Donated to The Ryan McElroy Foundation

Registration Fees

5K Pre-registration Fee \$20.00 (T-Shirt Guaranteed Before 6/7/19)

5K Registration Day Of Race Fee: \$25.00 (Cash Only and No T-Shirt)

10K Pre-registration Fee \$25.00 (T-Shirt Guaranteed Before 6/7/19)

10K Registration Day Of Race Fee: \$30.00 (Cash Only and No T-Shirt)

Discounted Prices For Club Members, Teams of 5 or more and Students Under 18!

(online Sign-Up Only)

Become a Member At EDORC.ORG

Race Packets will be available at 7:00 am on Race Day

Awards

Top Overall Male & Female Runners & Top 3 runners in each age group for Male and Female

Age Group Awards: Up to 19; 20-29; 30-39; 40-49; 50-59; 60-69, 70+

Place

Pawling Fire Department

25 South Street

Pawling, NY 12564

Make checks payable to: Eastern Dutchess Road Runners Club

Mail to: Eastern Dutchess Road Runners Club 103 Sand Hill Rd Dover Plains, NY 12522

NAME: _____ EMAIL: _____

ADDRESS: _____ CITY _____ STATE: _____ ZIP: _____

PHONE: _____ AGE: _____ DOB: ___/___/___ SEX: MALE FEMALE (Circle One)

EVENT: 5K 10k (Circle One) SHIRT SIZE (Circle One): None S M L XL

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. **I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules.** Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Eastern Dutchess Road Runners Club, Pawling Fire Department, the town of Pawling, The Ryan McElroy Foundation and The Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Online Registration available at EDORC.ORG