

# 4th Annual Dover Dragon Dash 5K Run/Walk & 5 Mile Run



**Sunday, September 29th, 2019**

5 Mile Starts at 8:45 & 5K Starts at 9:00 am Sharp

**All Proceeds will go to the Dover UFSD Athletic Boosters**

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

## **Registration Fees**

5K Pre-registration Fee: Adult -\$20.00 /Students (18 & under) - \$15  
(Free T-Shirt and Race Giveaways- Pre-Registration until 9/21)

5 Mile Pre-registration Fee: Adult -\$25.00 /Students (18 & under) - \$20  
(Free T-Shirt and Race Giveaways- Pre-Registration until 9/21)

5K Race Day Fee: \$25.00 (Cash Only and No Discounts, Race T-Shirt or Giveaways)

5 Mile Race Day Fee: \$30.00 (Cash Only and No Discounts, Race T-Shirt or Giveaways)

**(Discount Pricing for Age and Groups Available for Online Sign-Ups only)**

**DISCOUNTED PRICES FOR CLUB MEMBERS!**

**Become a member at [edrrc.org](http://edrrc.org)**

## **Awards**

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

Age Group Awards: Up to 9; 10-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

## **Location**

Starting at J.H. Ketcham Memorial Park Pavilion, Mill St, Dover Plains, NY

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**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: (Circle One) 5K RUN/WALK 5 Mile Run SHIRT SIZE – Adult (Circle One): 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, Dover Fire Department, the town of Dover, 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 [edrrc.org](http://edrrc.org)

Dover Dragon Dash Sign-Up