



# SUMMER

## Warm Up Run!

5K 10K 15K 20K

**Sunday, April 14th, 2019**

Race Starts at 9:00 am Sharp

Race day sign-up and Bib pick-up will be available at 8:00 am.

### Race Info.

This is a timed, but informal race with no awards or giveaways.  
(Timed by Dutchess Timing)

### Course

The course is a 5K loop starting at the Pawling Rec. Center, through the town of Pawling and back.

Multi. Lap Race

Lap 1-5K, Lap 2-10K, Lap 3-15K, Lap 4-20K

### Registration Fees

Pre-Registration Fee: \$10

Race Day Registration \$15

Which includes Bib and Refreshments.

**Online Sign-up is also available at [edrrc.org](http://edrrc.org)**

### Location

Town Of Pawling Recreation Department,  
2 Lakeside Drive  
12564, Pawling, NY



**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 10K 15K 20K

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 no 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 inconsideration 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, the town of Pawling NY, 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: \_\_\_\_\_