

The Mid Hudson Road Runners Club

# & Poughkeepsie Journal



Joining Forces To Help Benefit The Dutchess County United Way!



## 31<sup>st</sup> ANNUAL DUTCHESS COUNTY CLASSIC

SUNDAY, SEPTEMBER 20, 2009

HALF MARATHON • 5K • KID'S 1 MILE  
(13.1 MILES) (3.1 MILES)

Register Online at [mhrrc.org](http://mhrrc.org) or [Active.com](http://Active.com)  
[www.dcclassic.com](http://www.dcclassic.com)

We're Helping to Promote Health & Fitness Throughout The Hudson Valley!



Want To Run Your First 5K?  
We Made Special FREE Shirts Just For You!



DRINK IT . FEEL IT . SHARE IT MONA · VIE

### Pre-Race Registration Expo/Party

SPONSORED BY POUGHKEEPSIE JOURNAL, MVP HEALTH CARE & CRUSH FITNESS

Please stop by **Saturday, September 19th from 11 a.m. to 4 p.m.** (at Arlington High School on Route 55 in Lagrangeville) to pick-up your race packets and join us for a Pre-Race Expo and Party!

Runners and volunteers will enjoy free hors d'oeuvres and light snacks. Family and friends are also encouraged to come.

Enjoy mini-sessions with massage therapists and Reiki practitioners, yoga instructors, physical therapists, chiropractors, reflexologists and others. There will also be sports professionals, and personal trainers.

Please check off on your entry form to let us know if you'll be coming.

**Age Brackets:** Male and female – **5K and Half Marathon Races:**

19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 60-64, 65-69, 70 and over.

**Additional 5K Brackets:** up to 14 years, 15-18 years.

**Additional Half-marathon Brackets:** up to 18 years.

**Kids 1 Mile Race:** up to 7, 8-9, 10-12

**Awards:** First five places for all races in each category. Ceremony will begin as soon as possible after each race.

**For more information contact Keith Axelrod at 914-456-0708 or e-mail at [adgroupman@aol.com](mailto:adgroupman@aol.com)**

**Pre-registration:** Applies to entries received on or before September 15, 2009 or the night before the race at the Pre-race party/expo (see right). Race packets can be picked up at the party/expo or on race day from 7:00 a.m. to 8:00 a.m. T-shirts: Guaranteed to all pre-registered by 9/1/09.

**Make checks payable to: D.C. Classic and send registration to: Patrick DeHaven, P.O. Box 538, Hopewell Junction, NY 12533**

Check Race:  Kids 1 Mile – \$7 (\$10 race day)  5K – \$18 (\$20 race day)  Half-Marathon – \$32 (\$35 race day)  
**REGISTER AT [MHRRC.ORG](http://MHRRC.ORG) OR [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) FOR DISCOUNTED RATES**

For Race Use Only PSN/BIB 

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All Registration Fees include the results edition of the Poughkeepsie Journal mailed directly to you. Sex

Name   
Address   
City  State   
Zip  Phone (  )  email   
Birthdate  /  /

T-Shirt Size  Small  Child Med  Medium  Child Large  Large  X-Large

Mid Hudson Road Runners Club Email Membership. Higher rates for reg. mail. Visit [www.mhrrc.org](http://www.mhrrc.org) for to pay online.

1 Year \$15  Pre-Race Party/Expor:  
 2 Year \$24  Will Attend  Will Not Attend  
 3 Year \$30 # Attending

The half marathon and 5k events will be scored by Super Race Systems using the ChampionChip Timing System. On race day, runners will be issued a rental computer chip which is attached to the shoe lace and worn throughout the race. Special mats at the finish will record a finishing time for each chip. All rental chips must be returned at the finish line.

Waiver for Race Applications: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Poughkeepsie Journal, Dutchess County Classic, Mid-Hudson Road Runners, Towns of Wappinger, LaGrange and East Fishkill, the Road Runners Club of America, USATF and all 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 understand that the course closes after five hours.

Signature  Date  Age  Parent's Signature  if under 18 yrs  Date