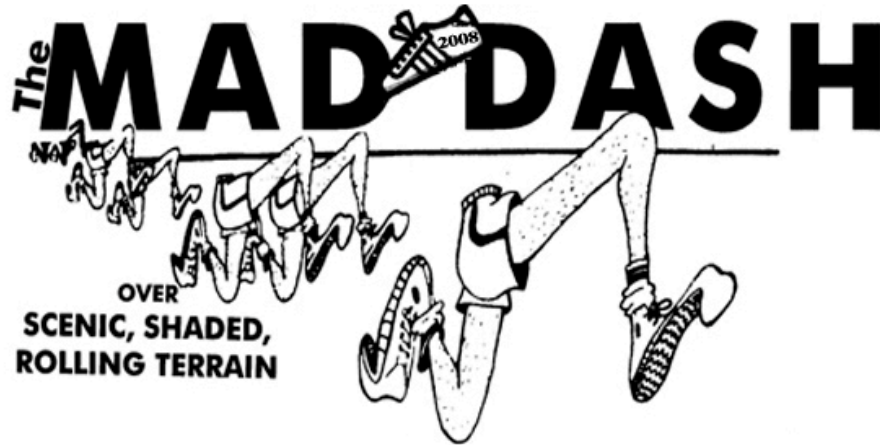


Corinne & Michael
Browne

The Church of
the Messiah

LEONARDO'S
ITALIAN
MARKET

Proudly Present



LABOR DAY, SEPTEMBER 1, 2008

Church of the Messiah – Route 9 – Rhinebeck, New York

JUNE GRIGULL MEMORIAL RUN

ALL PROCEEDS TO BENEFIT COMMUNITY OUTREACH CHARITIES

**5K RUN AND WALK– 8:30 AM START 10K RUN– 9:00 AM
START**

“MINI-DASH” RACES FOR CHILDREN – 10AM START

REGISTER FOR MINIS ON RACE DAY \$2 EACH - \$5 PER FAMILY (3 OR MORE)

Directions and race course on our website

Also download an application from the website

www.rhinebeck-episcopal.org

OR

Register on line: www.active.com (search Mad Dash)

AWARDS TO FIRST 3 RUNNERS IN EACH RACE - ALL DIVISIONS

Divisions (Male and Female): ages up to 14 yrs; 15-19; 20-29; 30-39;

40-49; 50-59; 60-69; 70+

AWARDS TO FIRST 5 WALKERS - OVERALL

CHIP TIMING FOR ALL RUNNERS AND WALKERS

**2008 MAD DASH T-SHIRT FREE TO FIRST 400 PRE-
REGISTERED ENTRANTS!**

Pre-Registration

\$16.00

MUST be received by 8/23

**(Family Rate only for pre-registered
4 or more one family \$60.00)**

**Pick up race packets Parish Hall,
Church of the Messiah on Race Day (6:30 -8:30am)**

Race Day Registration

\$20.00

**at Parish Hall, Church of the Messiah
6 AM TO 8 AM**

**Only cash or checks
accepted on Race Day**

**Limited # of 2008 Mad Dash T-shirts
may be available for purchase
on Race Day**

REFRESHMENTS FOLLOWING ALL RACES