

The MAD DASH

2009



OVER
SCENIC, SHADED,
ROLLING TERRAIN

June Grigull Memorial Run

Labor Day, September 7, 2009

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

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

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

For pre-registration go to our website: www.rhinebeck-episcopal.org/maddash

AWARDS TO FIRST 3 RUNNERS IN EACH RACE - ALL DIVISIONS

Divisions (Male and Female): ages 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

2009 MAD DASH T-SHIRT FREE TO FIRST 400 PRE-REGISTERED ENTRANTS!

Pre-Registration - \$16.00

Received by 8/29

(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 2009 Mad Dash T-shirts

available for purchase on Race Day - \$10 each

Not a runner? You may still contribute to outreach activities at: www.Active.com

REFRESHMENTS FOLLOWING ALL RACES

ALL PROCEEDS TO BENEFIT OUTREACH CHARITIES OF THE CHURCH OF THE MESSIAH

MAD DASH APPLICATION

Print Name _____

Street: _____ Apt # _____

City/Town _____ State _____ Zip _____

Age _____ Gender _____

Phone _____ Email _____

(Bib No. _____, Official use only)

Mail to: Mad Dash

P.O. Box 341

Rhinebeck, New York 12572

maddashrace@gmail.com

T-shirt size (circle one): M L XL

I, on behalf of myself, my heirs, distributors, next of kin, personal representatives, executors, administrators, and assigns, do hereby release and discharge the Church of the Messiah, Episcopal Church, Town and Village of Rhinebeck and sponsoring agencies, businesses, persons and organizations and their agents from any and all liability claims or damages, demands, actions and causes of actions whatsoever, in any manner arising out of or relating to any loss, damage or injury, including death that may be sustained by the undersigned, or any property of undersigned while participating in the event, the Mad Dash. I also give my full permission for the use of my name and photograph in connection with this event.

Signature _____ Date _____

Parent's Signature (if under 18) _____ Date _____