

The Church of the Messiah presents



LABOR DAY, SEPTEMBER 6, 2010

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

ALL PROCEEDS TO BENEFIT COMMUNITY OUTREACH CHARITIES

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

Directions and race course on our website

<http://www.rhinebeck-episcopal.org/mad-dash-labor-day-2010/>

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

2010 MAD DASH T-SHIRT FREE TO FIRST 350 PRE-REGISTERED ENTRANTS!

Pre-Registration \$16.00

MUST be Postmarked by 8/31/10

***Pick up race packets Parish Hall,
Church of the Messiah on Race Day
(6:30am -8:15am)***

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

Race Day Registration \$20.00

***Parish Hall, Church of the Messiah
(6:30am- 8am)***

Only cash or checks accepted

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

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

***Pre-Register on line: <http://www.baystateevents.com/> (search: Mad Dash)
or complete form at:***

<http://www.rhinebeck-episcopal.org/mad-dash-labor-day-2010/>

For questions E-mail: Maddashrace@gmail.com

REFRESHMENTS FOLLOWING ALL RACES