(Bib. No._____)
(Official use only)

2010 LABOR DAY MAD DASH APPLICATION

September 6th – 5K at 8:30am and 10K at 9am

Please use one form for each race participant

Must be postmarked by 8/31/10 – make checks payable to "Mad Dash"

Print Name:_____

Mail to: Mad Dash
P.O. Box 341
Rhinebeck, NY 12572

Street:_____**Apt. #**_____

City/Town:_____**State:**_____**Zip:**_____ **Age:**_____ **Gender: M / F**

Phone:_____**E-mail:**_____

T-Shirt Size (circle)
S M L XL

Race (Circle): 5K 10K 5K Walk (Mini-Dash – register on race day - no T-shirts for Mini-Dashers)

Make Check Payable to: The Mad Dash ($16 each race pre-registered - $60 family rate (4 or more))

Total Amount Enclosed $_____

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:**_____

Parents Signature (if under 18):_____**Date:**_____

No one under 18 years of age may run without parent signature