

# TACONIC ROAD RUNNERS CLUB PRESENTS

## MOTHER'S DAY 5K RACE AND 2 MILE WALK \*WOMEN ONLY!\*

MAY 10, 2009

FDR STATE PARK, YORKTOWN, LOT 1  
9:00 AM START \* CHECKIN BEGINS AT 7:30 AM

FEES: Pre-Registered TRRC members: \$10

Pre-Registered non-TRRC members: \$12

After 5/3/09 and day of race registration: \$15

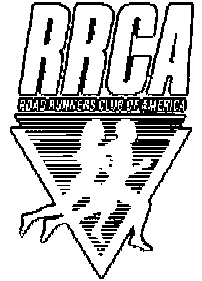
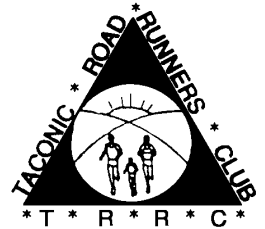
\*MOTHER/DAUGHTER TEAMS: Register as individuals.

Teams will be formed on race day at team table

ALL FEES ARE NON-REFUNDABLE

TEAM AWARDS: TOP 3

5K AWARDS: TOP 3 OVERALL AND IN EACH TRRC AGE DIVISION  
GREAT RAFFLE PRIZES!



"I RUN LIKE A GIRL" RUNNING APPAREL AVAILABLE FOR PURCHASE

ARBONNE INTERNATIONAL BOTANICALLY BASED HEALTH & BEAUTY PRODUCTS AVAILABLE FOR PURCHASE

Race Directors: Cathy and Joe Groneman 845 225 5064 [cg2golong@cs.com](mailto:cg2golong@cs.com)

\*Please Note: Parking fee may be in effect for FDR Park-please consider carpooling

Results on the internet: <http://www.runner.org>

Online registration available via [www.runner.org](http://www.runner.org) or [www.active.com](http://www.active.com)

### Mother's Day 5K

I know that running a road race is a potentially 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 risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the 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 my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Taconic Road Runners Club, FDR Park 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 grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline.

BIB NO.

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_ EMERGENCY PHONE NUMBER \_\_\_\_\_

SIGNATURE OF PARTICIPANT \_\_\_\_\_

(IF UNDER 18, PARENTS' SIGNATURE)

T-SHIRTS GUARANTEED TO FIRST 100 PRE-REG: SIZE: S M L XL

Checks payable to TRRC. Send to TRRC, PO Box 711, Shrub Oak, NY 10588

Check One:

5K Race

2 Mile Walk