

WESTCHESTER'S OLDEST TRAIL RACE

TACONIC ROAD RUNNERS CLUB
2010 MUDDERS & GRUNTERS
CROSS COUNTRY RACE
SUNDAY March 28, 2010
FDR STATE PARK, YORKTOWN NY
10:00 AM
www.runner.org



All runners compete on the same approximately 5 mile, single loop course. The course is run off road, through as much muck, mud and water as we can find. Some hills are included. Multiple water crossings are present; depth is dependent on pre-race weather. Course difficulty is determined by weather. Wear old shoes and clothes. Eye goggles recommended.



Individual Awards: Top 3, and Male & Female Age groups.
 The World Famous "Geronimo Cup" will be awarded to the 4-person team with the lowest place finish total. Teams sign up on race day, individual entry fees apply.
 Registration: Members \$ 15.00 and non members \$17.00
 Post registration: All entrants pay \$20.00 day of race
 Post race refreshments
 Age limit - no runners under 13 years old
 Special Commemorative Tee-shirt to first 300 pre-registered

Online Registration closes March 27, 5pm, Race day registration closes 9:45am.

Race Director: Nick Jubok (914) 245-0157 email: Mudders2010@aol.com

MUDDERS AND GRUNTERS I know that running a trail 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 understand that the course involves water crossings of about 3 feet depth. I assume all risks associated with running in this event including, but not limited to: falls, deep water, contact with other participants, the effects of the weather, including temperature and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting 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.

Name: _____ Date of Birth ____/____/____ Age race day _____ Sex M F
 Address _____
 City _____ State _____ Zip _____
 Email address _____ @ _____ Tee-shirt, size M L XL _____
 In case of emergency, contact: Name _____ Phone _____

Signature _____ Parent's or Guardian's signature if under 18)
 Make check payable to TRRC. Send to TRRC, PO BOX 711, Shrub Oak, NY 10588