



# Friends of Segowea Wa Wa Wally Waddle 5K Run/Walk



## Benefitting YMCA Camp Wa Wa Segowea

All proceeds will go toward providing camper scholarships to children in the Hudson Valley. Please visit [www.friendsofsegowea.org](http://www.friendsofsegowea.org) to find out more.

### Date:

Sunday May 15, 2011  
pre-register by May 12, 2011

### Times:

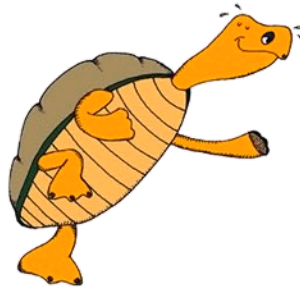
7:00-9:00 am Race Day Registration  
9:30 am 1 Mile Kids Run  
(13 and under)  
10:00 am 5K Run/Walk

### Place:

Vassar Farm on Hooker Ave.  
Poughkeepsie, NY

### Fees:

**Pre-regisration** by May 12  
\$13 for MHRRC members  
\$15 for non-members  
**Race Day Registration**  
\$20 for 5K Run/Walk  
**Free 1 Mile Kids Run**  
(registration required)



### Awards:

- Trophies + Pies for overall 1st place male/female finishers.
- Mugs for first Camp Segowea Alumni male/female finishers.
- Fresh Baked Pies for 1st Place male/female age group winners. 2nd and 3rd place male/female age group winners will receive ribbons. (19 and under, 20-29,30-39,40-49, 50-59,60-69,70-79,80+)
- Stay for the post race raffle of any extra pies!

### Race Details:

Visit [www.friendsofsegowea.org/waddle](http://www.friendsofsegowea.org/waddle) for course maps, parking, sponsorship opportunities, results and more. Contact Race Director Josh Perks at [josh@runtuff.com](mailto:josh@runtuff.com) with any questions.

To register please return this form with payment to: **Joshua Perks•25 Manor Hill Drive•Fairport NY 14450**  
Make Checks Payable to: **Mid-Hudson Road Runners Club**

Visit [www.mhrrc.org](http://www.mhrrc.org) to register online

Waiver: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against Mid-Hudson Road Runners Club, Vassar College, the Road Runners Club of America, and any other sponsors, their representatives and successors for any and all injuries suffered by me in this event. I also release my rights to any photos, videos, images, etc. taken of me during this event.

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, St, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Circle One:    **5K run/walk**    **1 Mile kids run (free)**

Camp Alumni:    Yes                      No

T-shirt Size:    XS       S                M        L            XL  
(First 100 pre-registered )

Sex:    M        F            Date of Birth: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of parent or guardian if under 18)