

Miles of Hope Breast Cancer Foundation

16th Annual Family Fun

5K Run/Walk

In Honor of Michelle Haass & Keri Newsham



Form a team in honor or in memory of a loved one...

Date: Saturday, May 4, 2019
NEW TIME: 9:00 AM Survivors group photo 9:30 AM, 1 mile run for kids (4-12 years old)
10:00 AM, 5K start (all ages)
Place: Tymor Park, 249 Duncan Rd., Lagrangeville, NY 12540
From Taconic Pkwy: 3.6 miles on Rt. 55 East, Left on Bruzgul Rd/CR 21 for 1.7 miles, Right on Duncan Rd.
From Rt. 55/22 split in Wingdale: go West on County Road 21 for 8 miles, then Left on Duncan Rd.

Family friendly event with face painting

Registration: Register online by Thursday, May 2 on www.mhrrc.org (click shopping cart then race registration) or by mail (see below). Gifts for first 250 pre-registrants
RACE DAY REGISTRATION BEGINS AT 8:00 AM & CLOSSES AT 9:15 AM

Please have all donations in no later than race day!

Awards: Awards for first overall male and female & 1st 2nd 3rd places in each age category:
Female: up to 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Male: up to 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Medals for the first, second and third place kids overall

Entry fees: 5K - \$25 (\$35 on Race Day)
1 mile Kids - **FREE** if pre-registered (\$10 on race day)

Register by Mail: send form below and check payable to: "MILES OF HOPE BREAST CANCER FOUNDATION" to: PO Box 452, Pleasant Valley, NY 12569. Pre-registrations must be post- marked by 4/30/19.

THE "MILES OF HOPE" IS A NOT-FOR-PROFIT ORGANIZATION. ALL PROCEEDS STAY LOCALLY IN THE HUDSON VALLEY TO AID FAMILIES WHO HAVE BEEN TOUCHED BY BREAST CANCER. INFO AT www.milesofhope.org

EMAIL FOR QUESTIONS ABOUT THE EVENT: Barridonnellan@gmail.com

In consideration of accepting this entry, I the undersigned, intending to be legally bound, for myself, for anyone else I am registering, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the Mid-Hudson Road Runners Club, Miles of Hope, the town of Union Vale, and any other sponsors, their representatives, employees and successors for any and all injuries suffered by me in this event. I release my rights to all photos, videos, and images, etc. taken during the event of me or anyone else I am registering.

Name _____ Breast Cancer Survivor? I am registering for: 5K Kids Run
Address _____ Gender: F M Team Name (optional) _____
City _____ State _____ Zip _____ Age on event day _____ Date of birth _____
Signature _____ Date _____ Phone _____ Email _____
Signature of parent or guardian (if under 18) _____ Date _____

No dogs are allowed at Tymor Park

Reason for change: The restriction on dogs applies to spectators as well as runners. Some people came last year who were spectators and not runners and brought their dogs, only to find out that they could not have dogs on the Tymor Park property. Tymor Park does not allow dogs on their property, and they have posted signs stating that restriction. By changing the wording on the flyer, this says that it is a Tymor Park restriction and not a MOH 5K restriction, and that the restriction applies to spectators as well as runners.

