



# 33rd ANNUAL DUTCHESS COUNTY CLASSIC

SUNDAY, SEPTEMBER 18, 2011

HALF MARATHON • 5K • FREE KID'S 1 MILE

For more information contact Keith Axelrod at 914-456-0708 or e-mail adgroupman@aol.com

Wappingers Recreation Area Robinson Lane

Register Online at [mhrrc.org](http://mhrrc.org) or [Active.com](http://Active.com)

[www.dcclassic.com](http://www.dcclassic.com)



Want To Run Your First 5K? We Made Special FREE Shirts Just For You!



You know when it's real!

5K & HALF MARATHON ARE USATF CERTIFIED!

## RACE DAY EXPO

**PLEASE NOTE: THERE WILL BE NO PRE-RACE EXPO THIS YEAR.**

**You Must Pick race packets race day at the park from 6AM-8AM**

Our **RACE DAY EXPO** is sponsored by MVP Health Care, Center For Physical Therapy, Durants Tents & Events, Wendy's and Golds Gym.

Enjoy mini-sessions with massage therapists and Reiki practitioners, yoga instructors, physical therapists, chiropractors, reflexologists and others. There will also be sports professionals, and personal trainers.

### HEY KIDS...

Register on or before September 15th and you can run the **One mile race for FREE**. You Must be 12 or under.

**Age Brackets:** Male and female – 5K and Half Marathon Races:

19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 60-64, 65-69, 70 and over.

**Additional 5K Brackets:** up to 14 years, 15-18 years.

**Additional Half-marathon Brackets:** up to 18 years.

**Kids 1 Mile Race:** up to 7, 8-9, 10-12

**Awards:** First five places for all races in each category. Ceremony will begin as soon as possible after each race.

**For more information contact Keith Axelrod at 914-456-0708 or e-mail at [adgroupman@aol.com](mailto:adgroupman@aol.com)**

**Pre-registration:** Applies to entries received on or before September 14, 2011. **RACE PACKETS MUST BE PICKED RACE DAY FROM 6:00 A.M. TO 8:00 A.M.**

T-shirts: Guaranteed to all pre-registered by 9/1/11. Make checks payable to: D.C. Classic and send registration to: Patrick DeHaven, P.O. Box 538, Hopewell Junction, NY 12533

Check Race:  Kids 1 Mile – FREE (\$10 race day)  5K – \$22 (\$30 race day)  Half-Marathon – \$35 (\$40 race day)

**YOU WILL RECEIVE A DISCOUNT IF YOU REGISTER AT [MHRRC.ORG](http://MHRRC.ORG) OR [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)**

For Race Use Only PSN/BIB

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Name \_\_\_\_\_

Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ email \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt Size

<input type="checkbox"/>	Small	<input type="checkbox"/>	Child Med
<input type="checkbox"/>	Medium	<input type="checkbox"/>	Child Large
<input type="checkbox"/>	Large		
<input type="checkbox"/>	X-Large		

Mid Hudson Road RunnersClub Email Membership. Higher rates for reg. mail. Visit [www.mhrrc.org](http://www.mhrrc.org) for to pay online.

<input type="checkbox"/>	1 Year \$15
<input type="checkbox"/>	2 Year \$24
<input type="checkbox"/>	3 Year \$30

The half marathon and 5k events will be scored by Super Race Systems using the ChampionChip Timing System. On race day, runners will be issued a rental computer chip which is attached to the shoe lace and worn throughout the race. Special mats at the finish will record a finishing time for each chip. All rental chips must be returned at the finish line.

Waiver for Race Applications: I know that running a road race is potentially a 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 the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of 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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Poughkeepsie Journal, Dutchess County Classic, Mid-Hudson Road Runners, Towns of Wappinger, LaGrange and East Fishkill, the Road Runners Club of America, USATF 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 understand that the course closes after five hours.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_ Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 if under 18 yrs