



# 1st Annual Hudson Valley 15K Road Race

## Blooming Grove, NY

### April 19, 2009

### 9:00 am

Proud participant in the Hudson Valley Grand Prix

and King & Queen of the Mountain Series



Registration & post race lunch takes place at Bella Luna Restaurant, Fieldstone Square, Route 94, Blooming Grove, NY

All sponsorship proceeds to benefit the Food Bank of the Hudson Valley



**Application Fees:**  
\$25 pre-registered (by Apr 12 ), \$22 for ORC members  
\$28 on race day, \$25 for ORC members

Awards presented to top 3 overall male and female as well as top three in the following age groups, 19 and under, 20-29, 30-39; 40-49; 50-59, 60-69, 70+  
Shirts guaranteed to pre-registered runners

**Directions**  
**From the northwest and west:**  
Route 17 East to Chester. Then State Route 94 East toward Washingtonville, approx. 5.5 miles east of Chester.  
**From the north:**  
State Route 208 South to Washingtonville. Then Route 94 West 2.5 miles.  
**From the east:**  
State Route 94 East through Washingtonville, 2 miles east of the village  
**From the south:**  
Route 17 West to Monroe / State Route 208. Route 208 north approx. 4 miles to Round Hill Rd. Left onto Round Hill to end. Right onto State Route 94 approx 0.3 miles

Please make checks payable to **Orange Runners Club**

and mail to:

HV15K c/o Orange Runners Club, P.O. Box 2144, Middletown, NY 10940

**For more information call:**  
John Finnigan (845) 496-1578  
jfinnigan@hvc.rr.com  
OR  
Steve Brockett  
sbrocket@courts.state.ny.us

## 1st Annual Hudson Valley 15K

Male  Female

Name (First): \_\_\_\_\_ Last: \_\_\_\_\_ Age on 4/19/09: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail address: \_\_\_\_\_@\_\_\_\_\_

ORC Member  HVGP Participant  Amount Enclosed: \_\_\_\_\_

WAIVER: I know that running a road race is a are 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 safety complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effect of the weather, including high winds, cold temperatures, humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, waive and release the Orange Runners Club, Inc., its officers and agents, the County of Orange, the towns of Blooming Grove and Goshen, the State of New York, all sponsors their representatives and successors, including employees, 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_