



LABOR DAY

# MAD DASH RACE

## 5K+10K

100% TO LOCAL CHARITIES  
5K RUN+WALK • 8:30AM  
10K RUN • 9:15AM

CHURCH OF THE MESSIAH  
ROUTE 9 • RHINEBECK • NY

WWW.MADDASHRACE.ORG

## MAD DASH REGISTRATION

Runners can register online on our website or mail this form to: THE MAD DASH RACE, P.O. Box 341, Rhinebeck, NY 12572. Preregistrations must be postmarked by 8/27/13. On race day, pick up your packets at the Parish Hall, Church of the Messiah starting at 6:30am.

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

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

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Gender (Circle): M / F

Race (Circle): 5K 10K 5K Walk Mini-Dash

Total Donation \$ \_\_\_\_\_ (make checks payable to MAD DASH RACE)

Cost: 5K or 10K: minimum donation of \$20 per runner or \$60 for a family of 4 or more

Mini-Dash: \$10 per child 12 or under (includes t-shirt)

All pre-registered runners receive a free raffle ticket!

*Please consider an additional donation as proceeds benefit local charities*

I, on behalf of myself, my heirs, distributors, next of kin, personal representatives, executors, administrators, and assigns, do hereby release and discharge the Church of the Messiah, Episcopal Church, Town and Village of Rhinebeck and sponsoring agencies, businesses, persons and organizations and their agents from any and all liability claims or damages, demands, actions and causes of actions whatsoever, in any manner arising out of or relating to any loss, damage or injury, including death that may be sustained by the undersigned, or any property of undersigned while participating in the event, the Mad Dash. I also give my full permission for the use of my name and photograph in connection with this event.

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

Parents Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_