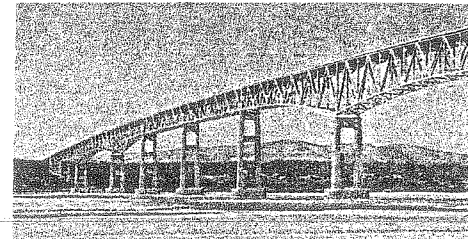


"4 Miles for 400 Years"

Quadricentennial Celebration run over the
Kingston-Rhinecliff Bridge

Sponsored by the
Town of Rhinebeck Recreation Committee



Sunday September 27th 8:15AM

This is limited to 400 runners who can complete one mile in 13 minutes or less.

The 1.5 mile bridge will be closed to traffic for 20 minutes.

Race walkers need to have competitive times.

Registration closes August 1st 2009.

Check web site for information: www.rhinebeck-ny.gov/frontpage

Cost: \$25 per registrant

\$22 for Mid Hudson Runners Club

and Onteora Runners Club members

Check-in begins at 6AM at CJ's Restaurant in Rhinebeck on the corner of 9G and Old Post Road. Parking available at nearby lots that will be marked. Shuttle busses will bring you across. No cars will be allowed to park at Bridge Authority Lot.

Relief stations and water will be available at designated areas.

The last bus leaves CJ's at 7:55am sharp.

This run is rain or shine. In case of impending high winds/hurricane, a reschedule date will be held on the following Sunday, October 4.

Awards to Categories: Top over all male : Top over all female
for the following categories

13 - 19 , 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69 , 70 & over

Please submit Applications to:

Town of Rhinebeck

80 East Market Street

Rhinebeck, NY 12572

c/o Quad Run

for questions please contact Alice Cunningham

845- 943-9526

Rockkirby@aol.com

Registration Information

Name _____

Address _____

Phone # _____ Age _____ M / F

Tee Shirt Sizes

Adult Small _____ Medium _____ Large _____ X-Large _____

I know that running a road race is a potentially hazardous activity and that I should not run unless properly trained and medically able. 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 the Town of Rhinebeck, Town of Ulster, the New York State Bridge Authority, and any other sponsors, representatives and successors for any and all injuries suffered by me 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: _____

(Runner's Signature)

Signature: _____ Date: _____

(Parent's Signature required if under 18)