

"4 Miles for 400 Years"

Quadra centennial Celebration
run over the Kingston-Rhinecliff Bridge

Sponsored by the
Town of Rhinebeck Recreation Committee

Sunday September 27, 8:15 AM



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 1, 2009.

Check our web site:

<http://rhinebeck-ny.gov/events/quadricentennial-celebration-run-over-kingston-rhinecliff-bridge>

Cost: \$25 per registrant, \$22 for Mid Hudson Runners Club and Onteora Runners Club members.

Check in begins 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 7:55 am sharp.

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

Awards to categories: Top overall male/female and
13 – 19, 20 – 29, 30-39, 40-49, 50-59, 60-69, 70 & Over

Pease submit Applications to: Town of Rhinebeck, 80 East Market Street, Rhinebeck, NY 12572
C/O Quad Run

For questions contact Alice Cunningham 845- 943-9526 or rockkirby@aol.com

Name _____

Address _____

Phone _____ Age _____ M/F

Tee shirt Sizes: Adult Small _____ Medium _____ Large _____ X-Large _____

I know that running a road race is potentially hazardous activity and that I should be 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 _____

Parent signature if under 18