



**Father's Day • Sunday,
June 20, 2010 • 10:00 a.m.**

**Fort Hunter, N.Y.
NEW LOCATION. See below.**

27TH ANNUAL MULE HAUL 8K FOOT RACE

Race fee: \$16
(\$14 for FMRRC
members) if
pre-registered;
\$20 for all on
race day



Questions? Call Jim Moore
at 381-9352 or e-mail
jmmoore01@live.com

Free Father's Day picnic for
all runners and their families
following the race

Free fun
runs—with
awards—for
youngsters

Fulmont
Roadrunners &
Adirondack
Runners Grand
Prix event

Medals three deep in 12 age
divisions. No duplication. Special
awards to father-son and father-
daughter teams and mid-packers.

Souvenir
T-shirts to first 200
registered runners



For the past 26 years, the Mule Haul has taken place in a park on the former Erie Canal known as the Schoharie Crossing State Historic Site. This year there is a distinct possibility that a lack of state funding to maintain parks will result in this site being closed and not available to us on race day. Therefore, we have decided to move everything outside of the park boundaries.

The **NEW LOCATION** will be a field next to the firehouse on Main Street in Fort Hunter. This is on the former course where there's always been a water stop. Registration and the picnic will take place at this location, as will the start and finish of the race. The race will remain an 8k, and half of the course will be unchanged, with the remainder run on a bike path that generally parallels the tow path in the park.

Directions: If coming by NY State Thruway, use Exit 27 (Amsterdam). Leaving the Thruway exit, turn right (north) onto Rt. 30 and proceed a couple of hundred yards to the exit for Rt. 5S (off-ramp on right). Go west (left) on Rt. 5S for approximately 5.5 miles, make a right turn onto Main Street and proceed 0.5 miles toward the village of Fort Hunter. The race site is on the right next to the Fort Hunter firehouse.

From local communities, proceed to the intersection of Rts. 5S and 30, then go west on Rt. 5S following the route indicated above.

Mail entry and check payable to Fulmont Roadrunners Club to Jim Moore, 1341 Hawthorn Rd., Niskayuna, NY 12309.

___ Check here if you are an FMRRC member.

___ Check here if competing as a team (*One team only; no day-of-race team registration*)

Father/son team? ___ Father/daughter team? ___ Name and age of teammate _____

Name _____ Age _____ DOB _____ Sex _____

Street _____ Phone _____

City/State/Zip _____ E-mail _____

Please specify T-shirt size: Small ___ Medium ___ Large ___ XLarge ___

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against the Fulmont Roadrunners Club, Road Runners Club of America, the State of New York and Town of Florida, and all sponsors, officials, and volunteers in this race for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature _____ Date _____

(Signature of parent/guardian if runner is under 18)