22nd Annual HMRRC Delmar Dash

Sunday, April 11, 2010 at 9:00 a.m.

Corporate Sponsor: Bryant Asset Protection, Inc.
Competitive insurance protection for your family Combined with wealth management to meet your financial dreams.

ADULT 5 MILE RACE

COURSE: 5 Miles – Certified; Fast, mostly flat, through residential areas
Application Fee: $15.00 HMRRC member; $18.00 non-members
Deadlines: Mail Post Mark - April 2 On Line at www.hmrrc.com - April 7
5 Year Age Group Awards from 14 and under thru 70+
Long Sleeve Technical T-Shirts to 1st 500 PRE-REGISTERED
NO LAST CHANCE OR DAY OF RACE T-SHIRTS

NO DAY OF RACE REGISTATION: Last Chance Race Registration to be held at FLEET FEET, Wolf Road, Albany on SATURDAY, APRIL 10 from 3:00 p.m. to 6 p.m. FEE: $20.00 ALL

PRE-REGISTERED PACKET PICK-UP: at the school starting at 7:30 a.m. Sunday. No pickup on Saturday.
START AND FINISH FOR ALL RACES: From the Middle School on Kenwood Avenue

NO HEADSETS OF ANY KIND ALLOWED IN THE RACE – This is a shared course with vehicles and runners need to be able to hear instructions and course marshals.

The Capital District's Quality Weeklies
Spotlight NEWSPAPERS

ON YOUTH KIDS' RACES (Youth 12 or under)

❖ 1-Mile ❖ ½ mile ❖ ¼ mile

❖ No pre-registration ❖ Day of Race registration ONLY ❖ Fee: $4.00 per race

KIDS DAY OF RACE REGISTRATION: 8:30 – 9:45 a.m. at Bethlehem Central Middle School, Delmar, NY

HELP OTHERS LESS FORTUNATE. Non-perishable food items will be collected on race day in the gym for the benefit of the Bethlehem Food Pantry, a Bethlehem Seniors Project. Please contribute.

APPLICATION 22nd ANNUAL DELMAR DASH

Submit registration form and non-refundable payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303

PLEASE PRINT

T-SHIRT SIZE (unisex adult long sleeve technical): ☐ Small ☐ Medium ☐ Large ☐ X-Large

NAME: _____ (First Name) _____ (Last Name)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (___) ___ - ____ SEX: ☐ F ☐ M DATE OF BIRTH: ____ (Month) ____ (Day) ____ (Year)

AGE AS OF 04/11/10: ____ HMRRC Member? ☐ Yes ☐ No Want to join? Add $12 individual; $15 for family

I know that running a road race is a 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 safely complete the run. **I AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT**. I assume all risks associated with running in this event including, but not limited to, falls, contact with other par-ticipants, the effects of the weather including high heat or humidity, traffic and the conditions of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club or Bryant Asset Protection, their representatives and successors form all claims or liabilities of any kind arising out of my participation in this event.

_____ SIGNATURE

_____ PARENT/GUARDIAN SIGNATURE (if under 18)