3 - PERSON RELAY

Albany, NY Sunday, February 22, 2009 10:00 AM

Sponsored by the Hudson Mohawk Road Runners Club

Report to: Physical Education Building of the State University at Albany located 1/2 mile from the crossing of I-87 and I-90 on US 20. The Physical Education Building is near the Western Avenue entrance to the Campus. The race will start and finish near the building. Shower facilities are available.

Course: 26.2 mile course is comprised of five loops involving the interior roadways of the State University Campus and the New York State Office Campus. Mostly flat, no steep hills.
Due to usual inclement weather and concern for volunteers course marshalls and water **stops will be pulled off course at 5 hours.**

23rd Annual 3-Person Relay

3 Legs: 9.2 miles, 5.7 miles, & 11.3 miles, in that order.
Teams: 3 - persons in one of these (4) categories: All male, All female, 2 males & 1 female, 2 females & 1 male
Age Groups: Combined age under 120 Combined age 120 - 149 Additional category - 150 - 300
Awards: Each person on the first place team in each category.
Registration: One entry form per Team only. **No** individual applications necessary!

Entry Fee (per team) ***Pre-registration $20.00***
Pre registrations must be received by February 18, 2009
Late entries and "day of" registration $25.00 per tream

Look for race information and results on www.hmrrc.com!

For Information on the Race or Nearby Hotels see info on web page.

Mail Entries to: Winter Marathon, 17 Norwood St., Albany, NY 12203 Make checks payable to HMRRC

Names of Team Members _____ Age (on race day) _____ Sex _____
_____ Age (on race day) _____ Sex _____
_____ Age (on race day) _____ Sex _____

☐ All male team ☐ All female team ☐ 2 males + 1 female ☐ 2 female + 1 male

Name of Main Contact _____ Phone _____
Street Address & Apt. _____ Email _____
City _____ State _____ Zip _____

HMRRC Member: ☐ Yes ☐ No Fee enclosed _____

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 participants, the effects of the weather including hypothermia or frost bite, traffic and the conditions of the road, all such risks 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, the State University, the State of New York and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____
Signature _____ Date _____
Signature _____ Date _____