

30th ANNUAL HMRRRC

# BILL ROBINSON Masters 10K Championship

*For Runners 40 Years Old or Older*

HMRRRC Grand Prix Race  
Adirondack USATF Masters Championship  
Adirondack USATF Grand Prix Series Race

**10 KILOMETERS** Certified (NY98008AM)

**SATURDAY, APRIL 24, 2010 - 9 A.M.**

**3 awards for each 5-year age group**

TEAMS: Top three USATF Registered Male and Female teams in ten year age groups.  
For entry forms, contact Adirondack Association USATF office.

USATF # \_\_\_\_\_

To join USATF go to [usatfadir.org](http://usatfadir.org) or contact the office at 518-273-5552, ext. 203  
(USATF membership # is required for USATF Grand Prix and Championship scoring)

### **TECHNICAL SHIRTS TO FIRST 75 REGISTERED RUNNERS**

- NO HEADSETS, IPODS, ETC. ARE ALLOWED IN THE RACE •

#### **REPORT TO:**

GUILDERLAND HIGH SCHOOL (off Rt. 146, County Rt. 202 - Meadowdale Rd.), Guilderland Center

**ENTRY FEE: \$12.00** (HMRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

#### **MAIL ENTRY TO:**

HMRRRC, P.O. Box 12304, Albany, NY 12212

(Make checks payable to HMRRC)

MASTERS  
ONLY!

MASTERS  
ONLY!

Questions or additional information: Jim Tierney, 518-869-5597, or e-mail <[runnerjmt@aol.com](mailto:runnerjmt@aol.com)>

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Age (as of 4/24/10) \_\_\_\_\_ (must be 40 yrs. old or older)

Male or Female:  Male  Female

I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools and the Hudson-Mohawk Road Runners Club for any and all injuries suffered by me in said event. The USATF shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_