

Event record 14:57 Chris Hartshorn (2002)



**17th Anniversary**  
**SEFCU Foundation Labor Day 5k**  
**Monday, September 5, 2005**  
**New SEFCU Headquarters/State Office Campus**  
Race Start: 9:00 a.m.  
Registration: 7:30 - 8:30 a.m. Open Parking in State Offices Lot.

**Beneficiary:** Gilda's Club of the Capital Region

**Place:** Race starts and finishes at SEFCU Headquarters, 1239 Washington Ave, Albany

**HMRRC Entry Fee for 5k\*:** \$8 for HMRRC members and SEFCU members; \$9 for all others;  
\$12 on day of race. Applications must be received by August 31, 2005.

**HMRRC Entry Fee for Kids\*:** \$1 per child (Race Day registration only); 1 mile; 10 a.m. start

**Prize Structure:** *See separate application for team competition*  
Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69. Medals to the first place male and female in the 70-and-over age group. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU members. No duplication of prizes.

**Shirts:** Commemorative SEFCU T-shirts will be given to the first 500 pre-registered racers upon check-in. Children who register also receive a T-shirt.

**Refreshments:** Complimentary fruit drinks, etc., available at end of race.

**Results:** Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

**For More Info:** Call 518-464-5243 or visit [www.sefcu.com](http://www.sefcu.com)



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Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_

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

Age \_\_\_\_\_ Sex Male ☐ Female ☐ Phone \_\_\_\_\_

SEFCU Member ☐ HMRRC Member ☐ Where did you hear about this race? \_\_\_\_\_

\*I would like to make a donation directly to the SEFCU Foundation to benefit Gilda's Club in the amount of \$ \_\_\_\_\_

I realize there are certain dangers associated with distance running. In consideration of the acceptance of this application, I, the undersigned, for myself, my heirs, executors, administrators, or assigns waive and release any and all claims I may have against SEFCU, the Hudson Mohawk Road Runners Club, the SEFCU Foundation, Gilda's Club, the State of New York, their officials, officers, or members, or any race official or participant for any injury, illness, or property loss which might occur to me while competing in, traveling to, or returning from the Labor Day 5k. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I understand that wearing headphones during this race will result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent/Guardian (if under 18)

**Make checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212**

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## TEAM REGISTRATION

17th Anniversary

SEFCU Foundation Labor Day 5k

Monday, September 5, 2005

New SEFCU Headquarters/State Office Campus

Race Start: 9:00 a.m.

Registration: 7:30 - 8:30 a.m. Open Parking in State Offices Lot

**You must be registered in the individual race to participate in the team event.**

**Team Competition:** Team competition is limited to high school and college teams. Teams are comprised of a minimum of five competitors and a maximum of seven. Total time of the top five competitors will establish the team score. There are two scored categories: all-male and all-female teams. Each competitor on a team must be a full-time student of the school he/she represents. Team applications must be received by August 31, 2005. **Absolutely no team applications accepted on the morning of the event.**

**Prize Structure:** Four team trophies will be awarded: First Place High School Male Team, First Place High School Female Team; First Place College Male Team and First Place College Female Team.  
No duplication of prizes.

**HMRRC Entry Fee:** \$8.00 for HMRRC members and SEFCU members; \$9.00 for all others;  
\$12.00 on day of race.

**Refreshments:** Complimentary fruit drinks, etc., available at end of race.

**Results:** Posted 15 minutes after event and available the same day at  
<http://www.hmrrc.com>.

**For More Info:** Call 518-464-5243 or visit [www.sefcu.com](http://www.sefcu.com).



## TEAM APPLICATION

SEFCU / HMRRC Labor Day 5k Team Competition

Team \_\_\_\_\_ Coach \_\_\_\_\_

Coach's Phone Number Evenings \_\_\_\_\_ ☐ Female Team ☐ Male Team

1. Name \_\_\_\_\_ 5. Name \_\_\_\_\_

2. Name \_\_\_\_\_ 6. Name \_\_\_\_\_

3. Name \_\_\_\_\_ 7. Name \_\_\_\_\_

4. Name \_\_\_\_\_

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