USATF ADK and HMRRC Grand Prix Series 4 Miler

# *Runnin' of the Green*

Saturday, March 12, 2016 at 10 a.m.

**Location:** Schalmont High School, 1 Sabre Drive, Rotterdam New York, 12306

**Application Fee:** HMRRC or USATF members: $25
Non-HMRRC members: $30
HMRRC or USATF members (carpool): $20
Non-HMRRC members (carpool): $25
VIPs: $ 0! **

** VIPs include previous ROTG Race Directors, previous female champions and previous male champions!!!!!, previously directed 20+ HMRRC races. Previously broke 20 minutes (male) or 23 minutes (female) at Runnin of the Green.

Mail-in Registration Deadline: March 4, 2015

Online Deadline: March 12, 2015 On-line registration on www.hmrrc.com (no day of race)

Day of Registration ($30) (all)

Please note: Overflow parking with shuttle service (if needed) will be at Jefferson Elementary School.

**Prizes:** USATF **please contact USATF Adirondack Assn. at 518-273-5552 x203 for team application**

**PLEASE NOTE**: No headsets, no strollers, no dogs or other pets, no skateboards, bikes, NO ELIPTIGO etc.*

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KIDS' RACE (Youth 12 or under) ❖ ½ mile ❖ 11 AM ❖ Fee: $1.00

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**APPLICATION Runnin' of the Green 2016**

*Submit registration form and non-refundable payment to: HMRRC, c/o Brian Northan, 117E Essex Circle, Guilderland NY 12084*

**PLEASE PRINT**

T-SHIRT SIZE: Small ☐ Medium ☐ Large ☐ X-Large ☐

NAME: _____ First Name _____ Last Name

ADDRESS: _____

**CITY:** _____ **TATE:** _____ **P:** _____

PHONE: ( ___ ) _____ _____ DATE OF BIRTH: M M D D Y Y

AGE AS OF 03/14/15: ___ HMRRC Member? Yes ☐ o ☐ Amount Enclosed: $_____

USATF Number: _____

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 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, USA Track and Field, Inc.; Town of Rotterdam; and the Schalmont Central School District, 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)