

Benefits of Membership

Why join? HMRRRC members receive these benefits from their membership in the club.

No/Low Race Entry Fees — Members run free in 13 of the club's popular events and pay reduced entry fees in all other club events. \$100 in potential entry fee savings!

www.hmrrc.com — Our website offers results, race applications, a calendar of area races, archives, race photos and many other features.

Subscription to *The Pace Setter* — Our monthly magazine features articles, applications, photos and much more. (*Note: New members may experience a delay of a few weeks before receiving their first issue.*)

Grand Prix Participation — Club members score points in races designated as Grand Prix events to determine our top male and female runners in different age groups.

Banquet — Our annual gathering at which we recognize both running and service accomplishments.

Discounts — Several local stores offer merchandise discounts to HMRRRC members. Check their ads in *The Pace Setter*.

Payback — Putting on races and other club events takes time and energy. We encourage club members to put something back if they take something out. How? By volunteering.

Fellowship — This is the big one. You'll meet people and make friends at club events.

What We Are

- A collection of runners of every shape and size, age and gender, and ability level.
- The organizer of over 30 running events, including the very large ([CDPHP Workforce Team Challenge \(May\)](#) which has over 9,000 participants) to the very small. Our events cover all distances and surfaces (roads, trails and the track) and include:
 - [Runnin' of the Green 4 Miles \(March\)](#)
 - [Delmar Dash 5 Miles \(March\)](#)
 - [SEFCU Labor Day 5K \(September\)](#)
 - [Mohawk Hudson River Marathon and Half \(October\)](#)
 - [Stockade-athon 15K \(November\)](#)
- The supporter of community running programs unrelated to HMRRRC through our grants initiatives and our Just Run program for school age youth. We also award annual scholarships to male and female high school runners.

HMRRRC Mission Statement

The Hudson-Mohawk Road Runners Club (HMRRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRRC exists.

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The Hudson-Mohawk Road Runners Club Membership Application and Schedule of Events



Run for fun?

Run to race?

Run to socialize?

Run for health?

Then you should run with us.



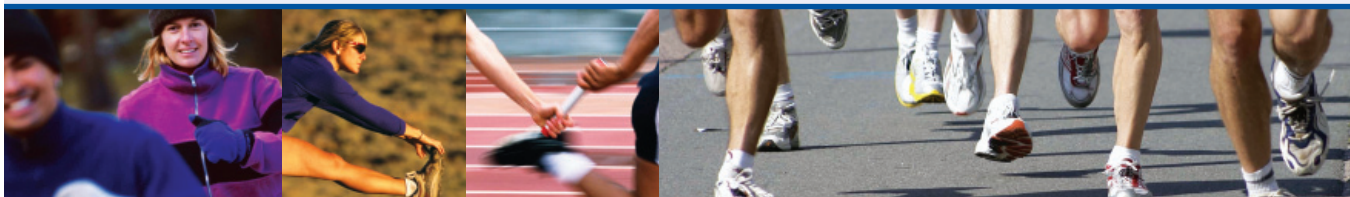
Cost of Membership

You can become an HMRRRC member for just \$12 per year. Family and couple memberships are only \$15; Youth memberships (under 20) are \$9.

Like us on Facebook and follow us on Twitter (@HMRRRC).

What We're Not

HMRRRC is not a competitive team. We're runners and joggers — several thousand strong — who have banded together for a common purpose: Promoting running as a healthy lifestyle and enjoying the social opportunities and friendships it offers.



Exclusive HMRRRC Membership Application Form (Please Print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

DOB: ____/____/____ Age: _____

E-mail: _____

Gender: M F

New Applicant OR Renewal

Address Correction

Interested in Volunteering at Races

Name, DOB, and Gender of additional member(s)

Individual (\$12.00) Couple (\$15.00)

Youth Under 20 (\$9.00) Family (\$15.00)

DONATION (tax deductible): _____

I realize there are certain dangers associated with distance running. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Hudson-Mohawk Road Runners Club, its 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 any event sponsored by the club.

Signature of Member

Signature of Parent or Guardian if under 18

Mail applications to: Hudson-Mohawk Road Runners Club, P.O. Box 12304, Albany, NY 12212. Make checks payable to the Hudson-Mohawk Road Runners Club.

Membership rates effective until 12/31/2015. If you have any questions, contact the Membership Chairperson, Diane Fisher-Golden, at hmrrcdiane@gmail.com.

To become an HMRRRC member or to volunteer, please go to: <http://www.hmrrc.com/>

HMRRRC 2015 Events Calendar

DAY	DATE	TIME	LOCATION	EVENT	KIDS	DIRECTOR(S)	E-MAIL
Thurs.	01/01	12:00 PM	UAlbany	Winter Series 2: Hangover Half †* & The Bill Hogan 3.5M Run/Walk		Vince Wenger Dave Gilson	vw1319@aol.com david.gilson@gmail.com
Sun.	01/11	10:00 AM	UAlbany	Winter Series 3: 3M, 10K, 25K†		Jon Rocco Meghan Mortenson	jonrocco@hotmail.com meghan.mort@gmail.com
Sun.	01/25	10:00 AM	UAlbany	Winter Series 4: 3M, 15K, 30K†		Josh Merlis	jmerlis@areep.com
Sun.	02/01	10:00 AM	UAlbany	Winter Series 5: 4M, 10M *, 20M†		Patrick Lynskey John Parisella	plynkey@freihofersrun.com jp2cella@me.com
Sat.	02/07	6:00 PM	Desmond Hotel	HMRRRC Club Banquet		Debbie Beach Brian DeBraccio	dbeach21@verizon.net
Sun.	02/15	10:00 AM	UAlbany	Winter Marathon & Marathon Relay*		Dana Peterson Clay Lodovice Ed Hampston	peterson.danac@gmail.com lodovicelaw@gmail.com eddolfan@yahoo.com
TBA	03/	TBA	TBA	Runnin' of the Green		Brian Northan	bnorthan@gmail.com
Sun.	03/29	9:00 AM	Bethlehem M.S., Delmar	Delmar Dash 5M * **	<input checked="" type="checkbox"/>	Diana & Aaron Knobloch	aaron.knobloch@gmail.com dianam.tobon@gmail.com
Sun.	05/10	10:00 AM	Central Park, Schenectady	Mother's Day 5K	<input checked="" type="checkbox"/>	Diane Fisher-Golden Jon Golden	hmrrcdiane@gmail.com hmrrcjon@gmail.com
Sat.	05/16	9:00 AM	Guilderland H.S.	Bill Robinson Masters 10K Championship [GP40+]*		Jim Tierney	runnerjmt@aol.com
Thurs.	05/21	6:25 PM	Empire State Plaza	CDPHP Workforce Team Challenge 3.5M*		Mark Warner	mwarner1@nycap.rr.com
Sun.	06/07	9:00 AM	UAlbany	Distinguished Service 8M †		David Tromp	dtromp@nycap.rr.com
Tues.	06/16	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Sat.	06/20	9:00 AM	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Father's Day Home Run 5K	<input checked="" type="checkbox"/>	John Haley Megan Leitzinger	j.haley36@yahoo.com
Tues.	06/23	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Tues.	06/30	6:00 PM	Colonie High School	Colonie Summer Track^, Colonie Mile		Frank Myers Ken Skinner	FLYINGBB45@aol.com kennyskin@earthlink.net
Tues.	07/07	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Thurs.	07/09	6:15 PM	Colonie High School	Summer Series: Two-Person Relay†		Pete Newkirk	peternewkirk32@gmail.com
Tues.	07/14	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Thurs.	07/16	6:15 PM	Colonie High School	Summer Series: Hour Run†		Barbara Bradley Tom McGuire	tomm4barbb@aol.com
Tues.	07/21	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Thurs.	07/23	6:15 PM	Colonie High School	Summer Series: Pentathlon†		Todd Mesick	todd.mesick@fnfg.com
Tues.	07/28	6:00 PM	Colonie High School	Colonie Summer Track^ – Ribbon Night		Frank Myers	FLYINGBB45@aol.com
Sat.	08/01	8:30 AM	Colonie Town Park	Dynamic Duo Pursuit Race		Frank Myers	FLYINGBB45@aol.com
Sun.	08/02	9:00 AM	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	<input checked="" type="checkbox"/>	Mike Kelly	mjk3ny@gmail.com
Tues.	08/04	6:00 PM	Colonie High School	Colonie Summer Track^		Frank Myers	FLYINGBB45@aol.com
Mon.	08/10	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 1†	<input checked="" type="checkbox"/>	John Kinnicutt	jkinnicutt@gmail.com
Mon.	08/17	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 2†	<input checked="" type="checkbox"/>	John Kinnicutt	jkinnicutt@gmail.com
Mon.	08/24	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 3†	<input checked="" type="checkbox"/>	John Kinnicutt	jkinnicutt@gmail.com
Mon.	09/07	9:00 AM	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K *	<input checked="" type="checkbox"/>	John Parisella	jp2cella@me.com
Sun.	09/13	9:00 AM	UAlbany	Anniversary Run, 2.95M & 5.9M †		Pat Glover	pjglove@aol.com
Sun.	10/4	10:00 AM	New Scotland Town Park	Voorheesville [GP<40] 7.1M		Ed Hampston Todd Smith Martha Gohlke	eddolfan@yahoo.com
Sun.	10/11	8:30 AM	Central Park, Schenectady	Mohawk Hudson River Marathon *		Maureen Cox	racedirector@mohawkhudsonmarathon.com
Sun.	10/11	8:30 AM	Colonie Town Park	Hannaford Half-Marathon*		Maureen Cox	racedirector@mohawkhudsonmarathon.com
Sun.	11/08	8:30 AM	Veterans Park, Schenectady	Stockade-athon 15K *	<input checked="" type="checkbox"/>	Vince Juliano	Hamletbryans@nycap.rr.com
Sun.	11/22	10:00 AM	Tawasentha Park, Guilderland	Turkey RaffAL Run		Al Maikels	afmcpa1040@yahoo.com
Sun.	12/13	10:00 AM	UAlbany	Doug Bowden Winter Series 1: 3M & 15K†		Bart Trudeau Gretchen Oliver	Bart@truarchs.com gretchenpoliver@gmail.com

Day of Race Sign Up Only!

† No Entry Fee for Members
^ No Entry Fee for All Participants

* USATF Certified Course

Grand Prix Event
** Grand Prix event if Runnin' of the Green not held