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Sunday, April 3rd, 2016 @ 9am
Bethlehem Central Middle School
332 Kenwood Avenue, Delmar NY

Visit www.hmrrc.com
to Register

# *28th ANNUAL HMRRC DELMAR DASH*

## Adult 5 Mile Race 9:00am

Registration: HMRRC members: $23 Non-HMRRC members: $28
Online registration closes Thursday, March 31st at noon.
Mail registration must be received by Monday, March 21st
Day of Registration from 7:30 to 8:30am – FEE: $35.00
Race Fees are non-refundable & non-transferable

Packet Pick-up: Race day starting 7:30 – 8:45am
Gender specific technical t-shirts available to all registrants prior to March 21st

Course: USATF Certified, Fast, Flat, Residential Course
http://www.usatf.org/events/courses/maps/showMap.asp?courseID=NY05016AM
No Strollers, Bicycles, Skates, or Animals Allowed in the Race. The use of headphones during the race is strongly discouraged. The course is open and used by other runners, walkers, cyclists and vehicles, making it important that each participant be aware of his or her surroundings

Awards: Overall top 3, 5 Year age group awards from 19 and under to 75+
USATF ADK Grand Prix Race. More info: usatfadir.org or call 518-273-5552

## Capt. Timothy J. Moshier Kids' Races 10:00am

Registration: Day of Race Registration only, 8:30 – 9:45am
Ages: 12 or under
Distances: ½ mile, ¼ mile

Capt. Timothy J. Moshier
Memorial Foundation

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*Submit registration form and non-refundable payment to: HMRRC, c/o Aaron Knobloch, 401 Jessamine Lane, Schenectady, NY 12303*

**PLEASE PRINT**

NAME: _____ _____
FIRST NAME LAST NAME

ADDRESS: _____

CITY: _____ STATE: ____ ZIP: _____

AGE AS OF 4/3/16 ____ SEX: ☐ F ☐ M USATF#: _____

T-SHIRT SIZE: SMALL ☐ MEDIUM ☐ LARGE ☐ X-LARGE ☐ HMRRC MEMBER? ☐ YES ☐ NO

AMOUNT 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, for myself and anyone entitled to act on my behalf, waive and release the HMRRC, the Bethlehem Central School District, Bryant Asset Protection Inc., Capitan Timothy J. Moshier Memorial Foundation, USA Track and Field Inc, Town of Bethlehem and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

_____ _____

SIGNATURE PARENT/GUARDIAN SIGNATURE (if under 18)