

**THE RUNNIN' OF THE GREEN (ISLAND)  
FOUR MILE ROAD RACE AND KIDS FUN RUNS  
CELEBRATING ITS 10<sup>TH</sup> ANNIVERSARY!!**

**PRESENTED BY  
HUDSON MOHAWK ROAD RUNNERS CLUB  
USATF ADIRONDACK ASSOCIATION  
VILLAGE OF GREEN ISLAND**



**10:00 A.M., SATURDAY, MARCH 7, 2009  
(Snow date: March 21, 2009)  
Kids Races will follow main race at 11:30 AM**

**Location:** American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I 787)

**Registration:** Begins at 8:00 AM day of race. (Kids up until 11:20 AM)

**Entry Fees:** Received by 3/4/09: HMRRC member: \$12. Non-member: \$15. Received after 3/4/09 or day of race: \$18. Kids: \$1. Race day only.

T-shirts to the first 400 registered runners in the main race. Commemorative medals to all finishers.

**Prizes:** Overall and top 3 finishers, male/female, in 5 year age groups; top 10 age-graded finishers; team awards to top 3 open/masters, male/female teams (please contact USATF Adirondack Assn. (518-273-5552 x203) for team application)

**This is a USATF championship race and part of the HMRRC and USATF Grand Prix racing series.**  
You must have a USATF 2009 membership in order to be eligible for USATF awards. **IN ACCORDANCE WITH HMRRC AND USATF POLICIES, NO HEADPHONES, IPODS, ETC. ARE ALLOWED TO BE WORN DURING THE RACE.**

---

Please complete application, payment and mail to: **HMRRC. c/o Marcia Adams, 1009 Tollgate La., Schenectady, NY 12303.** Make check payable to **HMRRC.**

**NAME:** \_\_\_\_\_ **M/F** \_\_\_\_\_ **AGE** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **FEE:** \$12 \_\_\_ \$15 \_\_\_ \$18 \_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY/TOWN:** \_\_\_\_\_ **STATE:** \_\_\_ **ZIP:** \_\_\_\_\_

**PHONE#:** \_\_\_\_\_ **USATF 2009 #:** \_\_\_\_\_ **HMRRC MEMBER? Y/N** \_\_\_\_\_

**Please read and sign:** In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the HMRRC, the USATF Adirondack Association, any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race. As a condition of participation in this race, I agree to run without a headset, ear plugs, I-pod, etc. of any kind.

**Signed:** \_\_\_\_\_ **Parent/guard. if under18:** \_\_\_\_\_