

The Runnin' of the Green (Island)

Four Mile Road Race and Kids Fun Runs

Presented by Hudson Mohawk Road Runners Club,
USATF Adirondack Association and the
Village of Green Island



10:00 A.M., Saturday, March 6, 2010
(Snow date: March 20, 2010)

Kids Races will follow main race at 11:30 AM

Location: American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I787)

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

Entry Fees: RECEIVED BY 3/1/10: HMRRC/USATF Members: \$13. Non-member: \$15.

Day of Race: \$20; Kids: \$1. Race Day only

Register online at www.hmrrc.com

Technical t-shirt to the first 400 registered runners in the main race.

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. at 518-273-5552 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 2010 membership in order to be eligible for USATF awards. In accordance with HMRRC/USATF policies, no headphones, iPods, etc. are allowed to be worn during the race.

PLEASE PRINT: Complete application and mail with payment to: HMRRC, c/o Marcia Adams, 1009 Tollgate Lane, Schenectady, NY 12303. **Make check payable to HMRRC**

NAME: _____ M / F ___ AGE: ___ DOB: _____ FEE: \$13 ___ \$15 ___
ADDRESS: _____ CITY/TOWN: _____ ZIP: _____
STATE: _____ PHONE#: _____ USATF 2010#: _____ 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, iPod, etc. of any kind.

Signed: _____ Parent/guardian if under 18: _____