



Indian Ladder Trail Runs-2010



15K and 3.5 Mile Trail Races

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 15, 2010

Start Times

9:00 am – 15K

11:00 am – 3.5 mile

Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

**FREE!! ONLINE RACE
REGISTRATION
AVAILABLE AT
WWW.HMRRC.COM**

Questions? Email mjkhhome@verizon.net

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157-- Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 31]: \$17 – Member; \$20 – Nonmember/Guest
August 1 to Day-of-Race: \$20 – All

What you get ...

Race entry; Shirts to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; ½ BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrrc.com. Start and finish in front of Haile's Cave Picnic Area

Marked course with water/aid stations on course

15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional

3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills– recommended for HS/College XC runners & novice trail runners of all ages

Sponsors



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only)

featuring the 15th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check payable to **HMRRC** to: **HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303**

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB m dd yyyy	Age on 8/15/2010	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 31 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
August 1 to Day of Race <input type="checkbox"/> \$20.00 All				
Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.				
Signature of applicant required [parent or guardian ,must sign for applicant under 18]				