



22ND ANNUAL  
LABOR DAY 5k



Monday, September 6, 2009  
SEFCU Headquarters  
Race / Walk Start: 9:00 a.m.

## RACE TEAM REGISTRATION

**You must be registered in the individual race/walk to participate in the team event.**

**Team Competition:**

Team competition is limited to high school and college teams. Teams are comprised of a minimum of five competitors and a maximum of seven. Total time of the top five competitors will establish the team score. There are two scored categories: all-male and all-female teams. Each competitor on a team must be a full-time student of the school he/she represents. Team applications must be received by September 3, 2010. Absolutely no team applications will be accepted on the morning of the event.

**Race Prize Structure:**

Four team trophies will be awarded: First Place High School Male Team, First Place High School Female Team, First Place College Male Team and First Place College Female Team. No duplication of prizes.

**HMRRC Entry Fee:**

\$8.00 for HMRRC members and SEFCU members; \$9.00 for all others.

**Refreshments:**

Complimentary fruit, drinks, etc. available at end of event.

**Results:**

Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

**For More Info:**

Call 518-464-5243 or visit [www.sefcu.com](http://www.sefcu.com).

## TEAM APPLICATION

SEFCU / HMRRC Labor Day 5k Team Competition

Team \_\_\_\_\_ Coach \_\_\_\_\_

Coach's Phone Number (Evenings) \_\_\_\_\_ Female Team  Male Team

- |               |               |
|---------------|---------------|
| 1. Name _____ | 5. Name _____ |
| 2. Name _____ | 6. Name _____ |
| 3. Name _____ | 7. Name _____ |
| 4. Name _____ |               |

