24th Annual HMRRC Delmar Dash

Sunday, April 15, 2012 at 9:00 a.m.

Corporate Sponsor: Bryant Asset Protection, Inc.

Competitive insurance protection for your family Combined with wealth management to meet your financial dreams.

ASSET PROTECTION — Property — Casualty — BRYANT ASSET — Investments — Pensions — ASSET MANAGEMENT

ADULT 5 MILE RACE

COURSE: 5 Miles – Certified; Fast, mostly flat, through residential areas

Application Fee: HMRRC members: $20 Non-HMRRC members: $25

NO Shirt Option: $15 HMRRC; $18 non-member

Deadlines: mail – April 5 or on line at www.hmrrc.com – April 12 at noon

NO DAY OF RACE REGISTATION!

T-SHIRTS GUARANTEED TO 1st 400 RUNNERS (excluding those registering under non-shirt option)

Last Chance Race Registration will be held at FLEET FEET, Wolf Road, Albany on SATURDAY, APRIL 14 from noon to 6 p.m. No packet pick-up on Saturday. **FEE:** $25.00 ALL

PRE-REGISTERED PACKET PICK-UP: at the school starting at 7:30 a.m. Sunday.

START AND FINISH FOR ALL RACES: From the Middle School on Kenwood Avenue

AWARDS: 5 Year Age Group Awards from 19 and under thru 75+

USATF ADK GRAND PRIX RACE FOR 2012! Membership # required for USATF ADK GP scoring and MUST BE PROVIDED at time of entry. To join USATF ADK, go to usatfadir.org or call 518-273-5552.

NO HEADSETS OF ANY KIND ALLOWED – runners need to be able to hear course marshals on shared course.

FOR RUNNERS' SAFETY: no strollers — no dogs or other pets — no skateboards, bikes etc.

NEW THIS YEAR! KIDS CRAFT CORNER: We will have an area staffed with volunteers to entertain your potty-trained child while you run

OLDEST DELMAR DASH T-SHIRT CONTEST! Bring your oldest Delmar Dash tshirt to the race (it must have a year on it). Oldest shirt gets a $25.00 gift certificate to Fleet Feet. In the event of a tie, winner determined by runner's age.

The Capital District's Quality Weeklies — Spotlight Newspapers

ON YOUTH KIDS' RACES (Youth 12 or under)

- ❖ 1-Mile ❖ ½ mile ❖ ¼ mile
- ❖ No pre-registration ❖ Day of Race registration ONLY ❖ Fee: $2.00

KIDS DAY OF RACE REGISTRATION: 8:30 – 9:45 a.m. in Lower Gym, Bethlehem Central Middle School, Delmar

HELP OTHERS LESS FORTUNATE. Non-perishable food items will be collected on race day in the gym for the benefit of the Bethlehem Food Pantry, a Bethlehem Seniors Project. Please contribute.

APPLICATION 24th ANNUAL DELMAR DASH

Submit registration form and non-refundable payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303

PLEASE PRINT

UNISEX T-SHIRT SIZE: ☐ NO Shirt ☐ Small ☐ Medium ☐ Large ☐ X-Large

NAME: _____ (First Name) _____ (Last Name)

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: ( ) _____ SEX: ☐ F ☐ M DATE OF BIRTH: _____ (Month Day Year)

AGE AS OF 04/15/12: _____ HMRRC Member? ☐ Yes ☐ No Amount Enclosed: $_____.__

USATF #: _____ **MUST BE PROVIDED FOR USATF ADK GRAND PRIX SCORING**

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 AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT.** I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat or humidity, traffic and the conditions of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club or Bryant Asset Protection, their representatives and successors form all claims or liabilities of any kind arising out of my participation in this event.

_____ SIGNATURE

_____ PARENT/GUARDIAN SIGNATURE (if under 18)