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Sunday, April 6th, 2014 @ 9am
 Bethlehem Central Middle School
 332 Kenwood Avenue, Delmar NY

Visit www.hmrrc.com
 to Register

26th ANNUAL HMRRC DELMAR DASH

Adult 5 Mile Race

9:00am

Registration: HMRRC members: \$20 Non-HMRRC members: \$25
 Online registration closes Thursday, April 3rd at noon.
 Mail registration closes Monday, March 24th
 Race Fees are non-refundable & non-transferable
 Last Chance - Sat April 5th, 12 to 3pm – Fleet Feet, Wolf Road, Albany – FEE: \$30.00

Packet Pick-up: Race day starting 7:30 – 8:45am
 Gender specific technical t-shirts available to all registrants prior to March 24th

Awards: Overall top 3, 5 Year age group awards from 19 and under to 75+
 USATF ADK Grand Prix Race. More info: usatfadir.org or call 518-273-5552

Course: USATF Certified, Fast, Flat, Residential Course
<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=NY05016AM>
 No Strollers, Bicycles, Skates, or Animals Allowed in the Race. The use of headphones during the race is strongly discouraged. The course is open and used by other runners, walkers, cyclists and, of course, vehicles, making it important that each participant be aware of his or her surroundings

Spotlight on Youth Kids' Races

10:00am

Registration: Day of Race Registration only, 8:30 – 9:45am
Ages: 12 or under
Distances: 1-mile, 1/2 mile, 1/4 mile



Submit registration form and non-refundable payment to: HMRRC, c/o Aaron Knobloch, 401 Jessamine Lane, Schenectady, NY 12303

PLEASE PRINT

NAME:
FIRST NAME LAST NAME

ADDRESS:

CITY: STATE: ZIP:

AGE AS OF 4/14/13 SEX: F M USATF#:

MUST BE PROVIDED FOR USATF ADK GRAND PRIX SCORING

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE

HMRRC MEMBER? YES NO AMOUNT ENCLOSED: \$_____.

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, for myself and anyone entitled to act on my behalf, waive and release the HMRRC or Bryant Asset Protection, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE _____

PARENT/GUARDIAN SIGNATURE (if under 18) _____