USATF ADK Championship / HMRRC and USATF ADK Grand Prix Series

# The Runnin' of the Green (Island)

## St. Patrick's Day - March 17, 2012

**Four Mile Road Race (10 a.m.) and Kids Fun Runs (11:20 a.m.)**

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

## *** REGISTER EARLY ***

Register online at www.hmrrc.com

*NEW* for 2012 – REGISTRATION CAPPED at **750** PARTICIPANTS!

**NO 'DAY OF' REGISTRATION** (Except Kids Fun Runs)

**LOCATION**: American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I787)
**PACKET PICK UP:** Begins at 8:15 AM day of race. (Kids up until 11:15 AM)
**ENTRY FEES:** ***RECEIVED BY 3/9/12***: HMRRC/USATF Members: **$17**. Non-member: **$22.**
**KIDS FUN RUNS**: $1 on day of race. NO 'DAY OF' REGISTRATION FOR MAIN RACE.
**TIMING: 'B(ib)-tag' chip timing** by Albany Running Exchange Event Productions
**T-SHIRT (Wicking, Gender Specific)** to **ALL** registered runners in 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. **MUST BE PRESENT TO RECEIVE AWARD.**

**CONTACT USATF Adirondack Assn. (ADK) at 518-273-5552 for team application.** You must have a USATF ADK 2012 membership in order to be eligible for USATF ADK awards and GP points. Membership info is at usatfadir.org

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**PLEASE PRINT.** *Submit registration form and **NON-REFUNDABLE** payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303.* **Make check payable to HMRRC.**

NAME: _____ _____
First Name Last Name

ADDRESS: _____

CITY: _____ STATE: ____ ZIP: _____

PHONE: (___) ___ ____ SEX: F ☐ M ☐ **FEE: $17** ☐ **$22** ☐

DATE OF BIRTH: __/__/__ AGE: ____ HMRRC Member? Yes ☐ No ☐

USATF #: _____ TSHIRT SIZE: XSmall ☐ Small ☐ Med. ☐ L ☐ XL ☐

**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 (ADK), 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. **PAYMENT IS NON-REFUNDABLE.**

Signed: _____ Parent/Guardian if under 18: _____