33rd ANNUAL HMRRC

BILL ROBINSON
Masters 10K Championship

For Runners 40 Years Old or Older

HMRRC Grand Prix Race
USATF Adirondack Masters Championship
USATF Adirondack Grand Prix Series Race

10 KILOMETERS Certified (NY12015JG)

SATURDAY, APRIL 20, 2013 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Adirondack Registered Female and Male teams in ten year age groups.
For entry forms, contact the USATF Adirondack office.
To join USATF Adirondack go to *usatfadir.org* or contact the office at 518-273-5552
(USATF ADK membership # is required for USATF ADK Grand Prix and Championship scoring)

Running Singlet to first 75 Registered Runners - BILL ROBINSON T-Shirt for the Volunteers

• NO HEADSETS, IPODS, ETC. ARE ALLOWED IN THE RACE •

REPORT TO:

GUILDERLAND HIGH SCHOOL (off Rt. 146, County Rt. 202 - Meadowdale Rd.), Guilderland Center

ENTRY FEE: $13.00 (HMRRC/USATF members) or **$14.00** (non members)
Day of Race: **$15.00**
Refreshments following the race.

MASTERS ONLY!

MAIL ENTRY TO:

HMRRC, P.O. Box 12304, Albany, NY 12212
(Make checks payable to HMRRC)

MASTERS ONLY!

Questions or additional information: Jim Tierney, 518-869-5597, or e-mail <runnerjmt@aol.com>

Name _____ HMRRC MEMBER ❑YES ❑NO

Address _____

City _____ State _____ Zip _____

Email Address _____

Telephone _____ Age (as of 4/20/13) _____ (must be 40 yrs. old or older)

Male or Female: ❑Male ❑Female USATF # _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools and the Hudson-Mohawk Road Runners Club for any and all injuries suffered by me in said event. The USATF shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____