

HMRRC Grand Prix Series/TEAM MINI GRAND PRIX (\$\$\$ See back for details and rules)

## Runnin' of the Green

## Location: Schalmont High School, 1 Sabre Drive, Rotterdam New York, 12306 <br> Application Fee: HMRRC \$25 (\$20 if carpooling) Non-HMRRC members: \$30 (\$25 if carpooling) <br> VIPs: \$ 0! (contact bnorthan@gmail.com for rules) ** <br> Mail-in Registration Deadline: March 6, 2017 <br> Online Deadline: March 10, 2017 <br> On-line registration on : www.hmrrc.com <br> Day of Registration (\$30) (all) <br> Please note: Overflow parking with shuttle service (if needed) will be at Jefferson Elementary School.

PLEASE NOTE: No headsets, no strollers, no dogs or other pets, no skateboards, bikes, etc, ELIPTIGO must be pre-approved (contact race director).

KIDS' RACE (Youth 12 or under) * ½ mile * $11 \mathbf{A M}$ Fee: \$2.00

## APPLICATION Runnin' of the Green 2017

Submit registration form and non-refundable payment to: HMRRC, c/o Brian Northan, 117E Essex Circle, Guilderland NY 12084


NAME:


ADDRESS:
CITY
ZIP:


DATE OF BIRTH:


AGE ON 03/11/17:


HMRRC Member? Yes $\square$ No $\qquad$ Amount Enclosed: \$ $\qquad$
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, 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, USA Track and Field, Inc.; Town of Rotterdam; and the Schalmont Central School District, their representatives and successors form all claims or liabilities of any kind arising out of my participation in this event.

TEAM MINI GRAND PRIX WITH CASH PRIZES. SEE BACK FOR DETAILS
web: http://www.hmrrc.com/races/2017/runnin-green-4m
like us on facebook: https://www.facebook.com/rotgusa/ follow us on twitter: https://twitter.com/rotg usa/

HMRRC Runnin' of the Green Team Mini Grand Prix

Prizes: \$300, \$200, \$100, \$75, \$50, \$35, \$25
Teams of 4 consisting of
MALE
FEMALE
AGEGRADED1 (Male or Female)
AGEGRADED2 (Male or Female)
Team members DO NOT have to be from same USATF team
Each individual can only be on 1 team.
Team members all need to be HMRRC members.
Scoring: MALE and FEMALE do not have to have their times adjusted AGEGRADED1 and AGEGRADED2 have their times age graded.

Hypothetical Example: Joe Smith (Male 27, 20:35), Jane Smith (Female 28, 22:54), Frank Smith (Age Graded Male 66, 24:52), Fran Smith (Age graded Female, 56, 26:37)

Joe and Jane would not have their times changed. Frank and Fran would have their times gender and age adjusted and the final result would be

Joe: 20:35
Jane: 22:54
Frank: 20:25 (age adjusted from 24:52)*
Fran: 20:46 (age and gender adjusted from 26:37)*
Total: 124:40

* adjustment formula will be based on age graded percentage and code will be open and placed on github for peer review, Jan 2017.


## Sign up:

a) sign up for Runnin' of the Green.
b) e-mail bnorthan@gmail.com with team info and name.
or
c) post team into on message on: https://www.facebook.com/rotgusa/

