

39TH ANNIVERSARY OF THE
“DYNAMIC DUO” ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

SATURDAY, AUGUST 5, 2017 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

PURSUIT RACE – MEN RUN FIRST, HAND OFF TO WOMEN –
 TOTAL TIME DETERMINES PLACES (Women run first in 2018)

ENTRY FEE: \$12 per team (1 man and 1 woman) if received before race day. \$18 per team on race day.
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 11 age groups.
 Total prizes = \$176 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)

IMPORTANT: Free use of the pool from when the final woman is done (until 11:00).
 If we can't have the race for reasons we can't control, we cannot remit entry fees.

MAIL ENTRY FORM TO:

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

MAKE CHECKS PAYABLE TO: Hudson-Mohawk Road Runners Club

The Colonie Town Park is 3 miles north of the Latham Circle on Rt. 9 in Cohoes

2016 WINNERS

-36

NOAH TINDALE 15:37 33:45
 KATHERINE TENNEY 18:08

37-45

JACOP ANDREWS 15:11 33:05
 COURTNEY BREINER 17:54

46-54

BEN FAZIO 15:50 41:42
 KATIE SCHUFF 25:52

55-63

NICK WEBSTER 16:35 34:22
 KAREN BERTASSO 17:47

64-72

JOHN DEER 19:05 39:08
 KARI DEER 20:03

73-81

JOE ALTOBELLO 20:38 40:13
 ESTELLE BURNS 19:35

82-90

HILARY JOHNSON 20:37 39:50
 BRIAN BORDEN 19:43

91-99

CRAIG EVANS 19:09 39:49
 SHANLEY ALBER 20:40

100-108

TOM DALTON 18:16 36:32
 EMILY BRYANS 18:16

109-117

DALE BROOMHEAD 27:28 52:29
 JANICE PHOENIX 24:51

118+

JAMES LARKIN 22:32 47:55____
 SHARON DESROCHERS 25:23

ENTRY FORM - PLEASE DETACH

NAMES

AGES

CIRCLE YOUR AGE GROUP – ADD MALE & FEMALE AGES TOGETHER

-36 37-45 46-54 55-63 64-72 73-81 82-90 91-99 100-108 109-117 118+