



# 24<sup>th</sup> Indian Ladder Trail Run – 2018



5k and 15k Races

July 22, 2018 – 9 AM start

John Boyd Thacher State Park

Green House Picnic Area

T-shirts to first 200 registrants

Post-race refreshments including ice cream!

## Course Description

Marked loop trail courses with water/aid stations – **courses are hilly and can be muddy!**

Maps available at [www.hmrrc.com](http://www.hmrrc.com) or e-mail Mark Vermilyea

## Directions from

Albany: I-90 Exit 4; Route 85 West 11.5 mi. -- right at top of New Salem hill, 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157– Follow signs to Thacher Park.

Green House picnic area is at southeast end of Park – see yellow signs for Wild Play

Additional parking at Hop Field, 0.2 miles northwest on Route 157

## Race Fee

Pre-registration: [postmark by July 14]: HMRRC member: \$20 ; non-member/guest \$25

After July 14: \$25

## Parking & Fees

Green House has 75 parking spots, and Hop Field about 50 – **Please car pool if possible!**

Thacher Park now has parking kiosks in all lots, fee is \$6 (**bring cash**)

Spectators can park at Overlook lot; 15k runners will pass there twice

Register Online at [WWW.HMRRC.COM](http://WWW.HMRRC.COM) or mail w/check payable to **HMRRC** to:

**HMRRC, 1009 Tollgate Lane, Schenectady, NY12303**

Questions? Contact Race Director Mark Vermilyea at [alwaysbusy47@gmail.com](mailto:alwaysbusy47@gmail.com)

## Awards for each race (no duplication)

Overall Female & Male

Age-group: (2 deep) 0-14, 5-year bands from 15-19 through 65-69, 70+

Name (print) \_\_\_\_\_

Gender [circle] **M** **F** Race [circle] **5k** **15k**

Address: Street/P.O. Box \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone/Email \_\_\_\_\_

Birthdate \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

**Read the following waiver carefully:** In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.  
Signature of applicant required [parent or guardian ,must sign for applicant under 18]