

HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS THE

46th ANNI VERSARY RUN

2.95 Miles & 5.90 Miles*

*HMRRRC Grand Prix Race

Sunday, Sept. 17, 2017, 9:00 a.m.

SUNY Albany Athletic Complex Gym, near Western Ave. Entrance/Exit

DAY OF RACE REGISTRATION ONLY: HMRRRC FREE, NON-MEMBERS \$5.00

New this year!

Clydesdale Division based on Body Mass Index (25.0 min)

Awards to Top 3 Male & Female Finishers in Each Race

2.95 MILE RACE AWARDS:

Large, Fresh Apple Pies from Smith's Orchard Bake Shop (Charlton, NY) to top three M&F Finishers

5.90 MILE RACE AWARDS:

Same as 2.95 mile race, PLUS loaf of fresh Bountiful Bread to first place finisher in each of five-year age groups

For more info, call Dave Glass at 377-3178 or captglass@yahoo.com