

23rd Annual Indian Ladder Trail Run
15k, 3.5 Mile Trail Races & 1 Mile Kids' Run
Haile's Cave Parking area, John Boyd Thacher State Park
Sunday – July 23, 2017
9:00 am – 15k and 3.5 mile (simultaneous start)
10:30 am – 1 Mile Kids' Run

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.

What you pay ...

Pre-Registration [postmark by July 3]: HMRRC member: \$20 ; non-member/guest \$25

July 5 to Day-of-Race: \$25 (if mailed, postmarked by July 14)

Register Online or Mail w/check payable to HMRRC to: HMRRC, 1009 Tollgate Lane, Schenectady, NY12303



Indian Ladder Trail Run–2017

John Boyd Thacher State Park

Haile's Cave Picnic Area

7:45 to 8:30 am – 3.5 mile & 15k

9:00 – 10:00 am - 1 mile Kids' Run (FREE)

First 250 registrants will receive an ILTR shirt.

No-Fee ONLINE REGISTRATION AVAILABLE AT WWW.HMRRC.COM

Questions? Email Mark Vermilyea at alwaysbusy47@gmail.com

What you get ...

Indian Ladder T-shirt (1st 250 registrants); John Boyd Thacher State Park entry pass and post-race refreshments.

Course Descriptions ...

Maps available at www.hmrrc.com. Start and finish in front of **Haile's Cave Picnic Area**

Marked loop courses with water/aid stations , 98% natural surface

15K – hiking & XC ski trails, wood roads, two challenging hills

3.5M – rolling terrain

Awards for each race (Note: no awards mailed, no duplication)

Overall Female & Male

Age-group: (2 deep) 0-19, 5-year bands from 20-24 through 65-69, 70+

Name (print) _____

Gender [circle] **M** **F** **Race [circle]** **3.5 mile** **15K** **Kids' run**

Address: Street/P.O. Box _____

City, State, Zip _____

Phone/Email _____

Birthdate _____

Pre-registration (postmark by July 15: \$20.00 HMRRC Member; \$25.00 Guest; afterwards all entries \$25)

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]