



Corporate Sponsor:

Bryant Asset Protection, Inc.
Competitive insurance protection for your family combined with wealth management to meet your financial dreams.
Visit <http://www.bryantassetmgt.com/>

Sunday, April 2nd, 2017 @ 9 AM
Bethlehem Central Middle School
332 Kenwood Avenue, Delmar NY

Visit www.hmrrc.com
to Register

29th ANNUAL HMRRC DELMAR DASH

Adult 5 Mile Race

9:00 AM

Registration: HMRRC members: \$23 Non-HMRRC members: \$28
Online registration closes Thursday, March 30th at Noon
Mail registration must be received by Monday, March 20th
Day Before Race Registration (1:30 PM - 3:30PM): \$30
Day of Registration (7:30 AM to 8:30 AM): \$35
Race Fees are non-refundable & non-transferable

Gender specific technical T-shirts available to all registrants prior to March 20th

Packet Pick-up: NEW: DAY BEFORE RACE PACKET PICK-UP AT THE MIDDLE SCHOOL 1:30 PM to 3:30 PM
Race day starting 7:30 AM – 8:30 AM

Course: USATF Certified, Fast, Flat, Residential Course
<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=NY05016AM>
No Strollers, Bicycles, Skates, or Animals Allowed in the Race. The use of headphones during the race is strongly discouraged. The course is open and used by other runners, walkers, cyclists and vehicles, making it important that each participant be aware of his or her surroundings.

Awards: Overall Top 3, 5 Year age group awards from 19 and under to 75+, no repeats

Capt. Timothy J. Moshier Kids' Races **10:00 AM**

Registration: Day of Race Registration only, 8:30 AM – 9:45AM
Ages: 12 or under
Distances: ½ mile, ¼ mile



Submit registration form and non-refundable payment to: HMRRC, c/o David Tromp, 41 West Bayberry Road, Glenmont, NY 12207

PLEASE PRINT

NAME:

FIRST NAME LAST NAME

ADDRESS:

CITY:

 STATE:

 ZIP:

AGE AS OF 4/2/17

 SEX: F M HMRRC MEMBER? YES NO

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE
AMOUNT ENCLOSED: \$_____.

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, for myself and anyone entitled to act on my behalf, waive and release the HMRRC, the Bethlehem Central School District, Bryant Asset Protection Inc., Capitan Timothy J. Moshier Memorial Foundation, USA Track and Field Inc, Town of Bethlehem and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE

PARENT/GUARDIAN SIGNATURE (if under 18)