



Home Run 5k



4 FREE TICKETS
to each runner for any
ValleyCats' Regular Season
August Home Game!



Saturday, June 26, 2010 | 9:00 AM Race Time | Joe Bruno Stadium

Registration, Packet Pick-up:	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
Entry Fees:	Pre-registered HMRRC members \$12.00	All other pre-registered \$15.00	Day of race registration \$20.00	Pre-race registration deadline June 21, 2010
Course:	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
Running Shirts:	First 200 pre-registered runners			
Refreshments:	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
Awards:	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at 10:30 AM	<i>No Duplicates</i>	
Kids:	A ¼ mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at www.tcvalleycats.com .			

Last Name: _____ First Name: _____

Address: _____

Running Shirt Size: S M L XL

Age on Race Day: _____ Birthday: _____ Sex: M F

HMRRC member: Yes No

Please read and sign: In consideration of HMRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the race organizers and sponsors, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 26, 2010. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

Signature: _____ Parent/Guardian (if under 18): _____

Make checks payable to: HMRRC **Mail to:** Valley Cats Home Run 5k, PO Box 12304, Albany, NY 12212
Applications available online at www.hmrrc.com.