



Indian Ladder Trail Runs-2016



22nd Annual 15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – July 31, 2016

9:00 am – 15K and 3.5 mile start

10:30 am – 1 Mile Kid's Run start

Note: 15k and 3.5 mile races will be run simultaneously

Day of Race Registration

7:45 to 8:30 am – 3.5 mile & 15k

9:00 – 10:00 am - 1 mile Kid's Run

*Kid's Run is FREE

1st 250 registrants

Will receive an ILTR shirt.

**No-Fee ONLINE
REGISTRATION
AVAILABLE AT**

WWW.HMRRC.COM

Questions? Email: mjk3ny@gmail.com

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 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 15]: \$20 – Member; \$25 – Nonmember/Guest
July 16 to Day-of-Race: \$25 – All (Mailed Reg's must be postmarked by July 22)

What you get ...

Race entry; Indian Ladder T-shirt to 1st 250 registrants of 15k or 3.5m race; 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 course with water/aid stations on course
15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills; 3.5M – Loop – 99% natural surface–rolling terrain

Sponsors



Awards

15K & 3.5M races

Overall Female & Male Winners

Age-groups Winners: (2 deep)

0-19/20-24/25-29/30-34/35-39/40-44/45-49/

50-54/55-59/60-64/65-69/70+

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check payable to **HMRRC** to: **HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303**

Name (print)			Race [check race entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB <small>m m dd yyyy</small>	Age on 7/31/2016		
Pre-registration by July 15 [postmark] <input type="checkbox"/> \$20.00 HMRRC Member <input type="checkbox"/> \$25.00 Guest			Total enclosed \$ _____	
Pre-registration July 16 to July 22 <input type="checkbox"/> \$25.00 All				
<p>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.</p>				
Signature of applicant required [parent or guardian must sign for applicant under 18]				