



31st Annual

Labor Day 5k - HMRRRC Grand Prix Race

**Monday, September 2, 2019**

**Patroon Creek Boulevard**

**Race / Walk Starts at 9:00 a.m.**

**Location:** Race starts and finishes at Patroon Creek Blvd. on the Harriman State Office Campus

**Entry Fee for 5k Race / Walk:** **\$15.00** for HMRRRC Members who preregister or who register online.  
**\$20.00** for all others who preregister  
**\$25.00** for Day of Race Registration  
 Registration forms must be received by **Friday August 30, 2019.**  
**Register online at [www.hmrrc.com](http://www.hmrrc.com)**

**Race Prize Structure** Medals to the first three male and female overall finishers and medals to the first three male and female finishers in the following age groups: Under 19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85 and Older. There will be no duplication of awards.

**T Shirts** The first 225 registrants will receive a complimentary shirt.

**Refreshments** Complimentary snacks, fruit and drinks available at the finish area.

**Results** Posted 20-30 minutes after the event and available on the same day at **[www.hmrrc.com](http://www.hmrrc.com)**

**For More Information:** Call **518 269-1904** or visit **[www.hmrrc.com](http://www.hmrrc.com)**

Name \_\_\_\_\_ HMRRC Member:

Address \_\_\_\_\_ I will participate in:

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ 5k Run  5k Walk

Age on Race Day \_\_\_\_\_ Sex Male  Female  Phone \_\_\_\_\_

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club, USA Track and Field, the State of New York, NYS Office of General Services, their sponsors, officials, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event may be used appropriately in future HMRRRC publications.

Signature

Signature of Parent / Guardian (if Under 18)

Make checks payable to **Hudson Mohawk Road Runners Club.**  
 Send entry fee with completed registration form to:

**John Parisella**  
**67 Blue Spruce Lane**  
**Ballston Lake, New York 12019**