



25th Indian Ladder Trail Run – 2019



5k and 15k Races

July 21, 2019 – 9 AM start

John Boyd Thacher State Park Haile's Cave Picnic Area

T-shirts to first 200 registrants Post-race refreshments including ice cream!

Course Description

Marked loop trail courses with water/aid stations – **courses are hilly and can be muddy!**

**** We're back to the original start venue and course this year ****

Maps available at www.hmrrc.com or e-mail Mark Vermilyea

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.

Haile's Cave picnic area is just in from the main parking lot with the kiosk

Race Fee

Pre-registration: [postmark by July 14]: HMRRC member: \$20 ; non-member/guest \$25

After July 14: \$25. Race fees are non-refundable and non-transferable, including for weather related cancellations.

Parking & Fees

Plenty of parking – NOTE Thacher Park now has parking kiosks in all lots, fee is \$6

(best to bring cash credit should work but not guaranteed)

Register Online at WWW.HMRRC.COM or mail w/check payable to **HMRRC** to:
HMRRC, 1009 Tollgate Lane, Schenectady, NY12303

Questions? Contact Race Director Mark Vermilyea at alwaysbusy47@gmail.com

Awards for each race (no duplication)

Overall Female & Male

Age-group: (2 deep) 0-14, 5-year bands from 15-19 through 65-69, 70+

Name (print) _____

Gender [circle] M F Race [circle] 5k 15k

Address: Street/P.O. Box _____

City, State, Zip _____

Phone/Email _____

Birthdate _____

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, USA Track & Field, Inc., 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. I give my permission to use any photographs, videos or other such recordings that may be taken of me at this event without remuneration or fee.