FATHER'S DAY HOME RUN 5K

4 FREE TICKETS to each runner for any ValleyCats' regular season game excluding July 4th

HMRRC

SATURDAY JUNE 15, 2024

SATURDAY June 15, 2024	**9:00 AM Race Time**		**Joe Bruno Stadium 80 Vandenburgh Ave. Troy, NY 12180**
	No-Day-of-Race Registration!		
Packet Pick-Up:	Saturday, June 15, 2024, 7:30 AM to 8:45 AM		
Registration:	• Online Registration Closes Wednesday, June 12th (Applications available online at *www.hmrrc.com*.) • Mail-in Registration Closes Monday, June 10th • Last Chance Registration Friday, June 14th 5:00 PM to 6:30 PM, at Joe Bruno Stadium		
Entry Fees:	HMRRC Members **$25**	Non-HMRRC Members **$30**	Last Chance **$30**
Running Shirts:	First 200 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 5 • Top 3 Father/Daughter Teams • Top 3 Father/Son Teams		register online at active.com IT'S FAST AND EASY!
Kids:	A 1/4 mile race will start at 10:00 AM and take place on the ball field. Day of Race registration only — entry fee $2.00. All runners under the age of 12 can now join the ValleyCats Kids Club at www.tcvalleycats.com.		

PLEASE PRINT

NAME: FIRST NAME LAST NAME

ADDRESS:

CITY: **STATE:** **ZIP:**

PHONE: HOME WORK CELL **SEX:** F M **DATE OF BIRTH:** / / **AGE:**

E-MAIL:

HMRRC Member? YES NO **T SHIRT SIZE:** S M L XL

COMPLETE THIS SECTION ONLY IF RUNNING AS A TEAM	
ALL TEAM MEMBERS MUST COMPLETE A SEPARATE APPLICATION	
Father & Son Team?	Father & Daughter Team?
Team Members Names: _____ & _____	

☐ Check box if you would like to subscribe to the ValleyCats E-Mail Newsletter!

Please read and sign: In consideration of HMRRC accepting this entry, I, the undersigned, intending to be legally bound, thereby, 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, USA Track and Field, City of Troy, Town of North Greenbush, HVCC, Tri-City ValleyCats 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. I understand that entry fees are non-refundable even in the case the event is cancelled, including weather related issues. I agree to permit the use of photos/videos from the event. 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:** John Haley, 347 Church Road, Albany NY 12203-6106