38th ANNUAL HMRRC

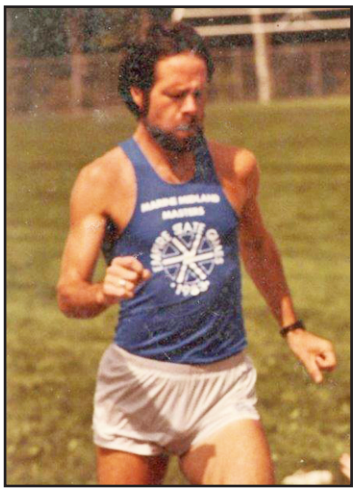
BILL ROBINSON Masters 10K

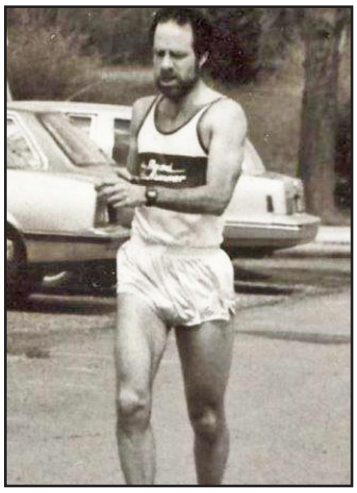
For Runners 40 Years Old or Older

HMRRC GRAND PRIX RACE

For On-Line Registration, visit www.hmrrc.com

Bill Robinson
Race Winner
1987, 34:15 (pace 5:30)





Bill Robinson
Race Winner
1989, 35:20 (pace 5:36)

SATURDAY, APRIL 29, 2018 - 9 A.M.

Awards- 3 deep in 5-year age group – Beginning at 40-44 through 80+

Memento: Commemorative Gift to First 75 Registered Runners
Post Race Refreshments – Certified Course (NY12015JG)

REPORT TO: GUILDERLAND HIGH SCHOOL - Meadowdale Rd Guilderland Ctr.

No strollers, bicycles, skates or animals allowed in the race. The use of headphones during the race is strongly discouraged. The course is opened and used by other runners, walkers, cyclists and vehicles, making it important that each participant be aware of their surroundings.

ENTRY FEE: $17.00 (HMRRC members) or **$22.00** (non members)
Day of Race Entry: **$25**; **MASTERS ONLY! No Refunds Allowed.**

MAIL ENTRY TO: (Checks payable to HMRRC): HMRRC, P.O. Box 12304, Albany, NY 12212

Questions: Jim Tierney, 518-869-5597, or e-mail: runnerjmt@aol.com

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Name: _____

Street Address:_____

City/ Town _____ State _____ Zip_____

Email Address: _____

Emergency Phone Contact: _____ Gender: ❒ Female ❒ Male

Birth Date _____ Age (on race day) _____ HMRRC Member ❒ Yes ❒ No

Release: I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools, the Hudson-Mohawk Road Runners Club and USA Track and Field, Inc. for any and all injuries suffered by me in said event. These organizations and their representatives shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____Date_____