

HUDSON VALLEY COMMUNITY COLLEGE'S WELLNESS CENTER PRESENTS

8TH Annual

5K

# Race Away Stigma

'16



SUNDAY  
OCTOBER 9<sup>TH</sup>

HELP RACE AWAY THE  
STIGMA SURROUNDING  
MENTAL ILLNESS



REGISTRATION BEGINS AT 8:30 A.M.

AT THE PAVILLION IN FRONT OF HUDSON HALL

RACE BEGINS AT 10 A.M.

AWARDS & SNACKS BEGIN AT 11 A.M.

**\$17 HMRC MEMBERS, \$25 NON-MEMBERS, FREE FOR HVCC STUDENTS**  
( \$30 DAY OF RACE REGISTRATION )

ALL PARTICIPANTS RECEIVE A T-SHIRT WHILE SUPPLIES LAST.

CHECKS PAYABLE TO  
HVCC PROJECT AWARE

MAIL FORM & ENTRY FEE TO  
Hudson Valley Community College  
Race Away Stigma 5k  
Wellness Center

80 Vandenberg Avenue, Troy, NY 12180

OR

ONLINE REGISTRATION & FORMS

[www.hvcc.edu/cct/race.html](http://www.hvcc.edu/cct/race.html)  
[www.active.com](http://www.active.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

city

state

zip

Age \_\_\_\_\_

Sex \_\_\_\_\_

IF YOU ARE UNDER THE AGE OF 18, A PARENT OR GUARDIAN MUST SIGN

parent or guardian signature \_\_\_\_\_

date \_\_\_\_\_

I REPRESENT THAT I AM 18 OR OLDER (UNLESS MY PARENT OR GUARDIAN HAS SIGNED ABOVE), THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THE RACE, AND THAT MY CONDITION HAS BEEN VERIFIED BY A MEDICAL DOCTOR WITHIN A REASONABLE PERIOD OF TIME. I GIVE UP MY RIGHT TO BRING AN ACTION TO RECOVER ANY COMPENSATION FOR INJURY OR DAMAGES TO ME OR MY PROPERTY ARISING FROM MY PARTICIPATION IN SAID RACE, AND RELEASE, TO THE FULLEST EXTENT ALLOWED BY LAW, HUDSON VALLEY COMMUNITY COLLEGE, RENSSELAER COUNTY, THE STATE UNIVERSITY OF NEW YORK AND THEIR RESPECTIVE AGENTS, SERVANTS AND EMPLOYEES ("COLLECTIVELY RELEASEES") FROM ANY CLAIM I OR MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST ANY RELEASEES IN ANY WAY RESULTING FROM MY PARTICIPATION IN THE RACE, TO THE FULLEST EXTENT ALLOWED BY THE LAW AND I AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS RELEASEES FROM ALL SUCH COSTS, CLAIMS, LOSSES OR DAMAGES. I RECOGNIZE AND VOLUNTARILY AND KNOWINGLY ASSUME THE RISKS INHERENT IN THE RACE.

signature \_\_\_\_\_

date \_\_\_\_\_

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Samaritan Hospital

ST PETER'S HEALTH PARTNERS



AMERICAN FOUNDATION FOR  
Suicide Prevention



RoadID  
It's Who I Am



Rensselaer County Mental Health

equinox  
People • Programs • Purpose

Ellis  
MEDICINE