



THE ED THOMAS WINTER SERIES

University at Albany • Physical Education Building

Date	Time	Event
Dec. 3, Sunday	10 a.m.	Doug Bowden Winter Series 1 (3M, 15K)
Jan. 1, Monday	12 p.m.	Winter Series 2 (3.5M, 1/2 Marathon)
Jan. 14, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 28, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 18, Sunday	9 a.m. 20M 10 a.m. 4.5M/10M	Winter Series 5 (4.5M, 10M, 20M)

- We strongly encourage club members to take advantage of the pre-registration available on the website. There is also day of registration for all.
- Winter Series races are free for HMRRC members and \$5 for non-members
- Low-key races with an informal atmosphere to keep you motivated over the winter
- Awards for overall and age-group winners (top 2)
- Post-race refreshments including hot soup, breads, and coffee, courtesy of Bountiful Bread. Hot showers are also available.
- *Winter Series Participant* eligibility: participate in all five events, including volunteering for one
- More info can be found at www.hmrrc.com or by contacting the event race director.



Help The Food Pantries feed the hungry this winter. Please bring a canned food or cash donation with you to registration. The Food Pantries are in desperate need of soups, stews, spaghetti sauce, canned tuna and chicken, oatmeal, toiletries, toothpaste, toothbrushes and laundry detergent.