

3 - PERSON RELAY

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Sponsored by the Hudson Mohawk Road Runners Club

Tgr qt v'vq< Physical Education Building of the State University at Albany located 1/2 mile from the crossing of I-87 and I-90 on US 20. The Physical Education Building is near the Western Avenue entrance to the Campus. The race will start and finish near the building. Shower facilities are available.

Eqwt ug<' 26.2 mile course is comprised of five loops involving the interior roadways of the State University Campus and the New York State Office Campus. Mostly flat, no steep hills.

Due to harsh winter weather and our concern for our volunteers, course marshalls and water
uqr 'xqnpvggt u'y knldg't wngf 'qhh'vj g'eqwt ug'cv'7'j qwt u0

& h '5bbi U' !DYfgcb F YUm

5'Ngi u<' 9.73 miles, 5.49 miles, & 10.99 miles, in that order.

Vgco u< 3-persons in one of these (4) categories: All male, All female, 2 males & 1 female, 2 females & 1 male

Ci g'I tqwr u< Combined age under 120 Combined age 120- 149 Additional category - 150- 300

Cy ctf u< Each person on the first place team in each category

Tgi kmt cvkqp<' One entry form per Team only. **Pq** individual applications necessary!

Gpvt { 'Hgg' *r gt 'vgco +'Pre-registration \$20.00
Pre registrations must be received by February 15, 2012
 Late entries and "day of" registration \$25.00 per team

Look for race information and results on www.hmrrc.com!

Hqt 'Kphqt o cvkqp'qp'vj g'Tceg'qt 'Pgct d{ 'J qvgnu see info on web page.

Mail'Gpvt lgu'vq< Winter Marathon, 17 Norwood St., Albany, NY 12203 Make checks payable to HMRRC

Names of Team Members _____ Age (on race day) _____ Sex _____
 _____ Age (on race day) _____ Sex _____
 _____ Age (on race day) _____ Sex _____

All male team All female team 2 males + 1 female 2 female + 1 male

Name of Main Contact _____ Phone _____

Street Address & Apt. _____ Email _____

City _____ State _____ Zip _____

HMRRC Member: Yes No Fee enclosed _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I agree not to wear a headphone during this event. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including hypothermia or frost bite, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club, the State University, the State of New York and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____