

**THE RUNNIN' OF THE GREEN (ISLAND)  
FOUR MILE ROAD RACE  
KIDS FUN RUNS**

PRESENTED BY

**HUDSON MOHAWK ROAD RUNNERS CLUB  
ADIRONDACK ASSOCIATION, USATF  
VILLAGE OF GREEN ISLAND**

**10:00 AM, Saturday, March 11, 2006**

(Snow date: March 18, 2006)

(Kids races will follow main race)

Village of Green Island, New York

**HMRRC Grand Prix Race, Adirondack Assn., USATF Championship**

All race activities (start, finish, awards, refreshments, kids' races) take place at the American Legion Hall, 35 Cohoes Ave., in Green Island. Directions: On I 787, take the Tibbitts Ave. exit to Green Island, drive one block on Tibbitts to the intersection of Tibbitts and Cohoes Aves. Parking is next to the Legion Hall or one block past on the left.

**Entry Fees: Pre-race HMRRC member: \$10.00  
Non-member: \$12.00  
Received after Wednesday, March 8 or day of race: \$15.00  
Kids race: \$1.00 day of race only**

*T-shirts to first 300 registered runners in main race.*

**Awards:** Top three male and female runners. Top three in five year age groups (youngest group is 14 and under). **New: Top ten age-graded runners. USATF:** (Must have 2006 USATF number to be eligible): Top five males and females in Open division; Top three males/females in five year age groups in Masters (40+). **Team:** Top 3 USATF-registered teams, male and female open, Masters male and female. (For team entry forms, contact Adirondack Assn., USATF office at 518-273-5552, x203).

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**Race Application: Runnin' of the Green (Island) Race**

**Complete application (include check for appropriate amount payable to HMRRC) and mail to:  
HMRRC, PO Box 12304, Albany, NY 12212.**

**NAME:** \_\_\_\_\_ **Male**\_\_ **Female**\_\_ **Age** \_\_\_ **DOB**\_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Town:** \_\_\_\_\_ **State:**\_\_\_ **Zip:**\_\_\_\_\_

**Phone:**\_\_\_\_\_ **2006 USATF #:**\_\_\_\_\_ **HMRRC member?** \_\_\_ **yes** \_\_\_ **no**

**Please read and sign:** In consideration of HMRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, 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, their representatives, assessors and assigned for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on March 11 or 18, 2006. I attest and verify that I am physically fit and sufficiently trained for the completion of this race.

**Signature:**\_\_\_\_\_ **Parent/guardian (if under 18):**\_\_\_\_\_