

18th Annual HMRRC Delmar Dash

Sunday, April 2, 2006 at 9:00 a.m. (Daylight Savings)



Corporate Sponsor: Bryant Asset Protection, Inc.

Competitive insurance protection for your family combined with wealth management to meet your financial dreams.

APPLICATION FEE:

HMRRC Members: \$12.00 pre-registration by March 24 or \$15.00 race day
Non-HMRRC Members: \$14.00 pre-registration by March 24 or \$17.00 race day

- LONG SLEEVED T-SHIRT TO FIRST 500 APPLICANTS -

Day of Race

Registration: 8:00 a.m. at Bethlehem Central Middle School, 332 Kenwood Avenue, Delmar, NY

Start & Finish: From the Middle School on Kenwood Avenue

COURSE: 5 Miles – *Certified* Fast, mostly flat, through residential neighborhoods
Course Records: Tom Dalton (1989) 24:33, Amy Herold (1997) 28:42

Refreshments courtesy of:



Collection point for used, clean running shoes & t-shirts

APPLICATION 18th Annual DELMAR DASH

Submit registration form and payment to: Carrie Hurlbert, Berkshire Bank, 41 State Street, Albany, NY 12207

NAME: _____

ADDRESS: _____

CITY/STATE: _____ ZIP: _____ PHONE: _____

SEX: F M T-SHIRT SIZE: S M L XL

DATE OF BIRTH: / / Age Amt. Enclosed WHEELCHAIR

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 head-phone 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 high heat or humidity, traffic and the conditions of the road, all such risks are 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 or Bryant Asset Protection, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE

PARENT/GUARDIAN SIGNATURE (if under 18)

For more information visit the Hudson Mohawk Road Runners Club website @ www.hmrrc.com or email jpr132@nycap.rr.com



**Kid's 1/4, 1/2 and 1 mile runs at 10:00 a.m.
Race day registration only
\$2.00 Ages 12 and under**