community resource
Federal Credit Union
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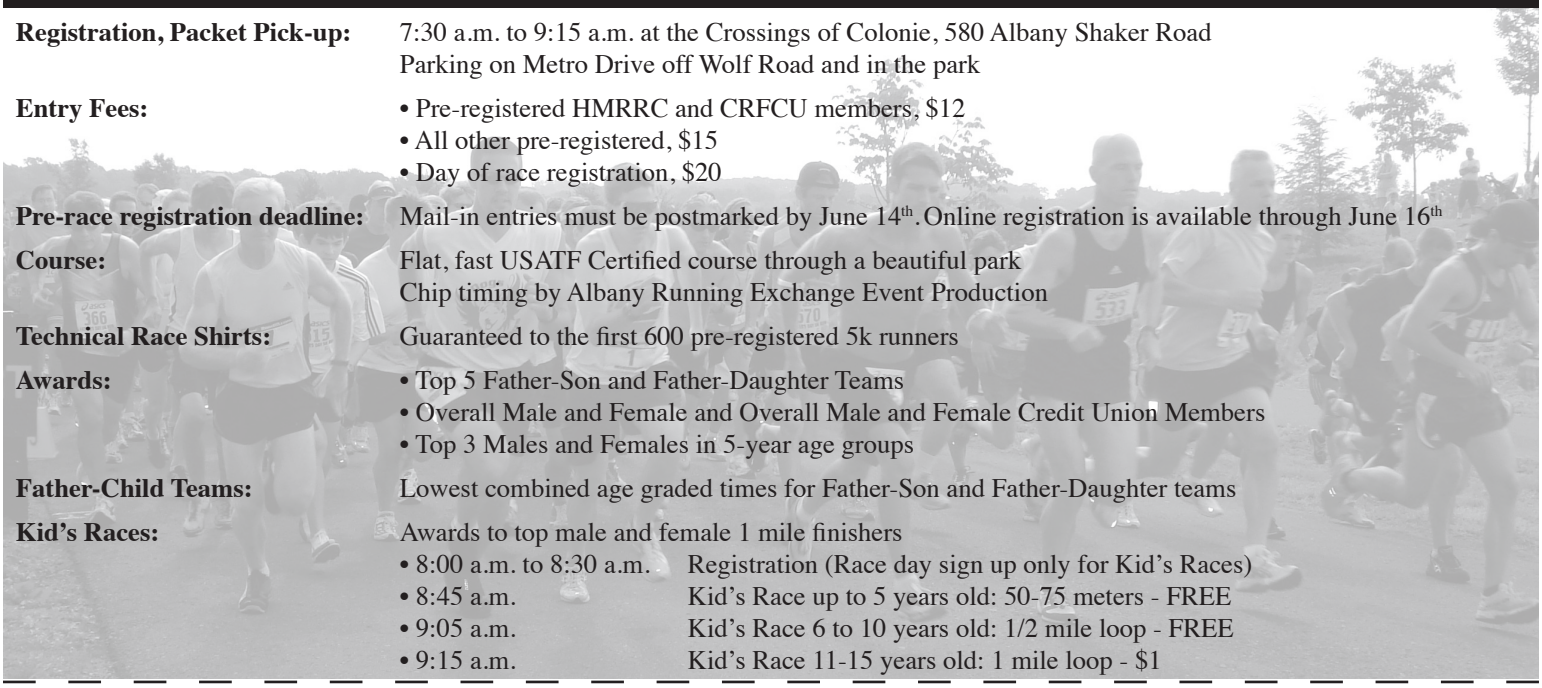
HMRRC

HMRRC and Community Resource Federal Credit Union present the

5th Annual Community Resource Father's Day 5k Run

Sunday, June 20, 2010 • 9:30 a.m. Race Time • The Crossings of Colonie



Registration, Packet Pick-up: 7:30 a.m. to 9:15 a.m. at the Crossings of Colonie, 580 Albany Shaker Road
Parking on Metro Drive off Wolf Road and in the park

Entry Fees:
- Pre-registered HMRRC and CRFCU members, $12
- All other pre-registered, $15
- Day of race registration, $20

Pre-race registration deadline: Mail-in entries must be postmarked by June 14th. Online registration is available through June 16th

Course: Flat, fast USATF Certified course through a beautiful park
Chip timing by Albany Running Exchange Event Production

Technical Race Shirts: Guaranteed to the first 600 pre-registered 5k runners

Awards:
- Top 5 Father-Son and Father-Daughter Teams
- Overall Male and Female and Overall Male and Female Credit Union Members
- Top 3 Males and Females in 5-year age groups

Father-Child Teams: Lowest combined age graded times for Father-Son and Father-Daughter teams

Kid's Races: Awards to top male and female 1 mile finishers
- 8:00 a.m. to 8:30 a.m. Registration (Race day sign up only for Kid's Races)
- 8:45 a.m. Kid's Race up to 5 years old: 50-75 meters - FREE
- 9:05 a.m. Kid's Race 6 to 10 years old: 1/2 mile loop - FREE
- 9:15 a.m. Kid's Race 11-15 years old: 1 mile loop - $1

Community Resource Father's Day 5k Run Registration Form

Name: _____ _____
First Name Last Name

Address: _____

City: _____ State: _____ Zip: _____

Phone: ___ - ___ - ____ T-Shirt Size (adult unisex): **S M L XL**

Email: _____

Sex: **M F** Age on 6/20/2010: ___ Birthdate: ___ ___ ___
Month Day Year

Father-Child Team Members: _____

(Enter the name of the father and each child. Separate applications are needed for each participant and team applications must be submitted together)

✔ Yes, I would like to make a contribution to this year's charity of choice, Capital District Community Gardens! $_____
CDCG operates 46 community gardens where low income inner-city families grow $1,500 worth of organic produce, plants trees to improve our urban environment, and operates the Veggie Mobile: www.cdcg.org.

✔ Yes, I would like to purchase a book of raffle tickets for $10 to benefit CDCG and ten chances to win airline tickets! $_____

✔ HMRRC member - $12 entry fee before June 14th ✔ CRFCU member - $12 entry fee before June 14th $_____

✔ $15 entry fee before June 15th ✔ $20 Entry Fee after June 14th for everyone $_____

Make checks payable to: HMRRC and mail to: Father's Day 5k, PO Box 12304, Albany, NY 12212 Total $_____

I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all of the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, the Town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the personnel or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. In addition, I agree to pay $25 for an unreturned timing chip.

Signature:_____ Parent/Guardian (if under 18)_____

Online registration available at www.hmrrc.com, www.communityresource.coop and www.cdcg.org