

Benefits of Membership

Why join? HMRRRC members receive these benefits from their membership in the club.

No/Low Race Entry Fees — Members run free in 13 of the club's popular events and pay reduced entry fees in all other club events. \$100 in potential entry fee savings!

www.hmrrc.com — Our website offers results, race applications, a calendar of area races, archives, race photos, member only blog and many other features.

Subscription to *The Pace Setter* — Our online magazine features articles, applications, photos and much more.

Grand Prix Participation — Club members score points in races designated as Grand Prix events. Cash prizes are awarded seven deep in six age categories for men and women.

Banquet — Our annual gathering at which we recognize both running and service accomplishments.

Discounts — Several local stores offer merchandise discounts to HMRRRC members. Check their ads in *The Pace Setter*.

Payback — Putting on races and other club events takes time and energy. We encourage club members to put something back if they take something out. How? By volunteering.

Fellowship — This is the big one. You'll meet people and make friends at club events.

What We Are

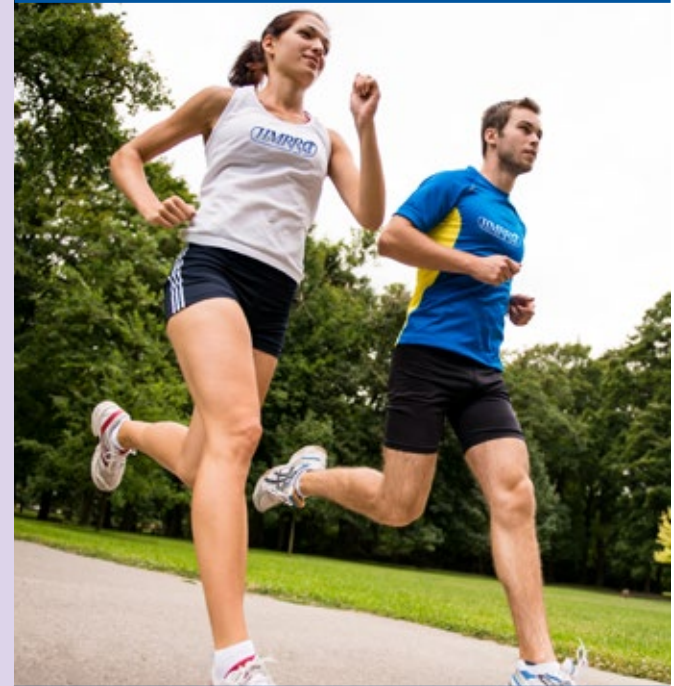
- A collection of runners of every shape and size, age and gender, and ability level.
- The organizer of over 30 running events, including the very large (**CDPHP Workforce Team Challenge (May)** which has over 9,000 participants) to the very small. Our events cover all distances and surfaces (roads, trails and the track) and include:
 - The Ed Thomas Winter Series**
 - Runnin' of the Green 4 Miles (March)**
 - Delmar Dash 5 Miles (April)**
 - Colonie Summer Tuesday Track**
 - SEFCU Labor Day 5K (September)**
 - Mohawk Hudson River Marathon and Hannaford Half (October)**
 - MVP Health Care Stockade-athon 15K (November)**
- The supporter of community running programs unrelated to HMRRRC through our grants initiatives and our Just Run program for school age youth. Our Bill Shrader, Sr. Scholarship program annually awards \$18,000 to graduating high school runners.

HMRRRC Mission Statement

The Hudson-Mohawk Road Runners Club (HMRRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRRC exists.

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The Hudson-Mohawk Road Runners Club Membership Application and Schedule of Events



Run for fun?
Run to race?
Run to socialize?
Run for health?

Then you should run with us.



Cost of Membership

You can become an HMRRRC member for just \$12 per year. Family and couple memberships are only \$15; Youth memberships (under 20) are \$9.

Like us on Facebook and follow us on Twitter (@HMRRRC).

What We're Not

HMRRRC is not a competitive team. We're runners — several thousand strong — who have banded together for a common purpose: Promoting running as a healthy lifestyle and enjoying the social opportunities and friendships it offers.

Exclusive HMRRRC Membership Application Form (Please Print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

DOB: ____/____/____ Age: _____

E-mail: _____

Gender: M F

New Applicant OR Renewal

Address Correction

Interested in Volunteering at Races

Name, DOB, and Gender of additional member(s)

Individual (\$12.00) Couple (\$15.00)

Youth Under 20 (\$9.00) *Family (\$15.00)

*Up to 2 adults with child(ren) under 18 residing in same household.

I realize there are certain dangers associated with distance running. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Hudson-Mohawk Road Runners Club, its officers or members, or any race official or participant for any injury, illness, or property loss which might occur to me while competing in, traveling to, or returning from any event sponsored by the club.

Signature of Member _____

Signature of Parent or Guardian if under 18 _____

Mail applications to: Hudson-Mohawk Road Runners Club, P.O. Box 12304, Albany, NY 12212. Make checks payable to the Hudson-Mohawk Road Runners Club.

Membership rates are subject to change. If you have any questions, contact the Membership Chairperson, Diane Fisher-Golden, at hmrrcdiane@gmail.com.

To become an HMRRRC member or to volunteer, please go to: <http://www.hmrrc.com/>

HMRRRC 2017 Events Calendar

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Sun.	Jan 01	12 Noon	UAlbany	Winter Series 2: Hangover Half F / % / = & The Bill Hogan 3.5M Run/Walk	Vince Wenger & Dave Gilson	vw1319@aol.com david.gilson@gmail.com
Sun.	Jan 15	10:00 AM	UAlbany	Winter Series 3: 3M, 10K, 25K F / %	Jon Rocco & Meghan Mortensen	jonrocco@hotmail.com meghan.mort@gmail.com
Sun.	Jan 29	10:00 AM	UAlbany	Winter Series 4: 3M, 15K, 30K F / %	Josh Merlis	jmerlis@areep.com
Sat.	Feb 04	6:00 PM	Desmond Hotel	HMRRRC Club Banquet		
Sun.	Feb 12	9:00 AM (20 m) 10:00 AM 9:00 AM (26.2 m)	UAlbany	Winter Series 5: 4.5M, 10M , 20M = / F / % Winter Marathon =	Patrick Lynskey & John Parisella Clay Lodovice & Ed Hampston	plynkey@freihofersrun.com jp2cella@me.com lodovicelaw@gmail.com eddolfan@yahoo.com
Sat.	Mar 4	10:00 AM	Schalmont H.S., Rotterdam	Runnin' of the Green 4M = / +	Brian Northan	bnorthan@gmail.com
Sun.	Apr 02	9:00 AM	Bethlehem M.S., Delmar	Delmar Dash 5M = / +	David Tromp	dtromp@nycap.rr.com
Sat.	Apr 22	9:00 AM	Guilderland H.S.	Bill Robinson Masters 10K Championship [GP40+] / =	Jim Tierney	runnerjmt@aol.com
Sun.	May 14	9:30 AM	Central Park, Schenectady	Mother's Day 5K bRUNch +	Diane Fisher-Golden & Jon Golden	hmrrcdiane@gmail.com hmrrcjgon@gmail.com
Thur.	May 18	6:25 PM	Empire State Plaza	GDPHP Workforce Team Challenge 3.5M =	Mark Warner	mwarner1@nycap.rr.com
Sun.	June 11	9:00 AM	UAlbany	Distinguished Service 8M F	Sally Drake & Liz Chauhan	sally_drake67@yahoo.com elizabeth.m.chauhan@gmail.com
Tues.	June 13	6:00 PM	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Sat.	June 17	9:00 AM	Joe Bruno Stadium	Tri-City ValleyCats Father's Day Home Run 5K +	John Haley & Megan Leitzinger	j.haley36@yahoo.com
Tues.	June 20	6:00 PM	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Tues.	June 27	6:00 PM	Colonie High School	Colonie Summer Track, Colonie Mile	Frank Myers & Ken Skinner	flyingbb45@aol.com kennyskin@earthlink.net
Thurs.	July 06	6:15 PM	Colonie High School	Summer Series: Two-Person Relay F	Pete Newkirk	peternewkirk32@gmail.com
Tues.	July 11	6:00 PM	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Thurs.	July 13	6:15 PM	Colonie High School	Summer Series: Hour Run F	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
Tues.	July 18	6:00 PM	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Thurs.	July 20	6:15 PM	Colonie High School	Summer Series: Pentathlon F	Todd Mesick	todd.mesick@fnfg.com
Tues.	July 25	6:00 PM	Colonie High School	Colonie Summer Track- Ribbon Night	Frank Myers	flyingbb45@aol.com
Sun.	July 23	9:00 AM	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K +	TBA	race and date tentative
Tues.	Aug 01	6:00 PM	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Sat.	Aug 05	8:30 AM	Colonie Town Park	Dynamic Duo Pursuit Race	Frank Myers	flyingbb45@aol.com
Mon.	Aug 07	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 1 F / +	John Kinnicutt	jkinnicutt@gmail.com
Mon.	Aug 14	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 2 F / +	John Kinnicutt	jkinnicutt@gmail.com
Mon.	Aug 21	6:30 PM	Tawasentha Park, Guilderland	Tawasentha XC 5K No. 3 F / +	John Kinnicutt	jkinnicutt@gmail.com
Mon.	Sep 04	9:00 AM	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K = / +	John Parisella	jp2cella@me.com
Sun.	Sep 17	9:00 AM	UAlbany	Anniversary Run, 2.95M & 5.9M F / +	TBA	TBA
Sun.	Oct 01	10:00 AM	New Scotland Town Park	Voorheesville 7.1M [GP<40]	Ed Hampston & Todd Smith & Martha Gohlke	eddolfan@yahoo.com
Sun.	Oct 08	8:00 AM	Central Park, Schenectady	Mohawk Hudson River Marathon =	Maureen Cox	racedirector@mohawkhudsonmarathon.com
Sun.	Oct 08	8:00 AM	Colonie Town Park	Hannaford Half-Marathon =	Maureen Cox	racedirector@mohawkhudsonmarathon.com
Sun.	Nov 12	8:30 AM	Veterans Park, Schenectady	MVP Health Care Stockade-athon 15K = / +	Vince Juliano	hamletbryans@nycap.rr.com
Sun.	Nov 19	10:00 AM	Tawasentha Park, Guilderland	Turkey Raffle Run	Randy & Kathleen Goldberg	nutmegrag@gmail.com
Sun.	Dec 03	10:00 AM	UAlbany	Doug Bowden Winter Series 1: 3M & 15K F / %	Bart Trudeau	bart@truarchs.com

Day of Race Sign Up Only!

+ Kid's Race **Grand Prix Event** = USATF certified course
F No Entry Fee for HMRRRC Members % Winter Series races have online pre-registration for members and day of for all
Colonie Summer Track is free for all participants