

BEST FITNESS



39th Annual Mother's Day  
5K Women's Run/Walk bRUNch  
Sunday, May 12, 2019  
9:30 am • Central Park, Schenectady

*Enjoy a post-race bRUNch with fruit, pastries, chocolate fountain, mock mimosas and more!*

**RACE FEES: HMRRC Members: \$18, Non-HMRRC Members: \$20**

**"SHIRTLESS" OPTION: HMRRC Members: \$15, Non-HMRRC Members: \$17**

Mail-in Deadline: May 7, 2019 • Online Deadline: May 10, 2019 on [www.hmrrc.com](http://www.hmrrc.com) • DAY OF RACE REGISTRATION \$25

**Sons may participate on teams with moms, but only women will be scored individually**

*Men are encouraged to volunteer and support their families. All volunteers receive a t-shirt!*

**TEAMS: Moms may run on teams with their sons and/or daughters 18 and under**

*Separate entry form is required and available at [www.hmrrc.com](http://www.hmrrc.com). Teams MUST be pre-registered by mail*

**Technical, gender-specific, short sleeve T-shirts guaranteed to first 125 registrants!!**

**AWARDS: Women's individual 10 Year Age Group Awards from 19 and under thru 70+; Team awards to top 3 teams**

**FOR RUNNERS' SAFETY: No strollers — No dogs or other pets — No Headsets — No skateboards, bikes etc.**

**FREE KIDS' RACE (Youth 12 or under) ❖ ½ mile ❖ Day of Race registration ONLY**

**Race will start at 10:30 am at the Duck Pond in Central Park**

**KIDS DAY OF RACE REGISTRATION: 9 - 10 am in the Central Park Pavilion**

## 39th Annual Mother's Day bRUNch Application

*Submit one registration form per participant and non-refundable payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE RD, SCHENECTADY, NY 12303*

**PLEASE PRINT**

**WOMEN'S T-SHIRT SIZE:** Small  Medium  Large  X-Large  X-X-Large  NONE

**NAME:**

First Name Last Name

**ADDRESS:**

**CITY:**  **STATE:**  **ZIP:**

**PHONE:** (  )    
**DATE OF BIRTH:**  /  /

Month Day Year

**AGE ON 05/12/19:**   **HMRRC Member?**  Yes  No **Amount 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 headphones 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, the City of Schenectady or Best Fitness, 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)