



FUNDRAISER TO BENEFIT

New York National Guard Family Readiness Council, Inc.

7th Annual HOMETOWN HEROES RUN

5K Run and Walk

Sunday, October 19, 2014 9:15 AM

The Crossings of Colonie Park, South Pavilion

580 Albany Shaker Road - Day of Race Registration 7AM - 9AM



Certified by USA Track & Field

Team Name: _____ # of Team Mbrs: _____ M, F, or CoEd: _____

Name: _____ Gender: _____ T-Shirt Size: S ___ M ___ L ___ XL ___

Birth Date: _____ Age: _____ Email: _____ Phone: _____

Mailing Address: _____

Individual Registration \$20.00

Early Registration

Team (min. 4 people) \$20.00 per Team Member

Early Registration

Individual Registration \$25.00

After October 15th

Team (min. 4 people) \$25.00 per Team Member

After October 15th No Race Day Team Registrations

****First 250 Paid Registrations receive a Race T-Shirt****

*All Team Members must register Individually * Businesses are Encouraged to form Teams * Chip Timing

Awards: Top Overall Male, Female and Team

1st Place Male & Female Finishers: Age Groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Waiver: In consideration of this entry being accepted, I hereby for myself, my heirs, executors, successors, and administrators waive any and all rights and claims for damages I may have against The New York National Guard Family Readiness Council Inc., race committee members, race officials and any and all sponsors and the directors, officers, employees and agents of such parties, their representative, successors, and assigns even though those liabilities may arise from negligence or carelessness on the part of persons name in this waiver. I acknowledge and accept all the risks inherent in participating in a Road Race. Further, I hereby grant full permission to any of the foregoing to use any photo, videotape, or any record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature: _____ Date: _____
(Required for minor under the age of 18 years)

**Register Online at:
www.NYFRC-INC.ORG**

**Mail Form with Payment to:
NYNGFRC
595 New Loudon Rd #170
Latham, NY 12110**