HMRRC Runnin’ of the Green Team “mini” grand prix.

Teams are made up of individuals, the individuals can (but do not have to be) from the

same USATF team. You can make your own team using any strategy

you desire, even combining members of different USATF teams.

Please e-mail the following information to bnorthan@gmail.com, or fill

out form and send to Brian Northan, 117E Essex Circle, Guilderland, NY,

12084.

Open Male \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Open Female \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Graded 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Graded 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Extra 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Extra 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Note: Extras can be substituted in an eligible spot up to 11:00 by notifying the race director)

Who do we write the check to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Open Male must be a male of any age and hmrrc member. Time will

not be adjusted.

Open Female must be a female of any age and hmrrc member. Time

will not be adjusted.

Age Graded 1 can be a male OR female. Time will be adjusted using age

graded tables.

Age Graded 2 can be a male OR female. Time will be adjusted using age

graded tables.

Please let us know who to write your prize money check to, it can be a

person (team captain, your relative, debt collector, etc.) or organization

(Willow Street, ARE, Debt Collection Agency, etc.).

Course rules

1. Runners must follow instructions from course Marshalls and run within the course markers.

2. No Elliptigo – Any runner using Elliptigo will not be elligible for team competition.