



FUNDRAISER TO BENEFIT

New York National Guard Family Readiness Council, Inc.

5th ANNUAL HOMETOWN HEROES RUN

Certified by USA Track & Field

5K RUN & WALK



Sunday, October 21, 2012 9:15 AM

The Crossings of Colonie Park, South Pavilion

580 Albany Shaker Road

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 _____ Team (min. 6 people) \$20.00 per Team Member
Early Registration Early Registration

_____ Individual Registration \$25.00 _____ Team (min. 6 people) \$25.00 per Team Member
After October 17th After October 17th 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.

First Place Male & Female Finishers: Age Groups: 19 and 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

or

Mail completed registration form with payment to:

NYNGFRC, 595 New Loudon Rd #170, Latham, NY 12110