



**Father's Day • Sunday,
June 16, 2019 • 9:00 a.m.**

**Fort Hunter, N.Y.
(See directions below.)**



36th ANNUAL MULE HAUL 8K FOOT RACE

Race fee: \$20 (\$18 for FMRRC members) if preregistered; \$25 for all on race day



USATF Certified Course

Free Father's Day picnic for all runners and their families following the race.

Online registration at www.zippyreg.com

Questions? Call Bill Platt at 866-1319 or email bill.platt@fmrcc.org

Free fun runs—with awards—for youngsters

Fulmont Roadrunners Grand Prix event

Medals three deep in 14 age divisions. No duplication. Special awards to father/son and father/daughter teams and midpackers.

Souvenirs to first 100 Registered runners

RRCA New York State 8K Championship race



About the race: Registration, parking, the picnic, and the awards ceremony all will take place in the field next to the firehouse on Main Street in Fort Hunter. Starting time is 9:00 a.m. with pre race registration permitted up until 8:30. The race begins on Main Street just north of the firehouse and finishes in the field where all of the festivities will take place. True to its name, the race includes a two mile or so leg along the cinder towpath once traveled by mules hauling barges along the Erie Canal.

Directions: If coming by NY State Thruway, use Exit 27 (Amsterdam). Leaving the Thruway exit, turn right (north) onto Rt. 30 and proceed a couple of hundred yards to the exit for Rt. 5S (off ramp on right). Go west (left) on Rt. 5S for approximately 5.5 miles, make a right turn onto Main Street and proceed 0.5 miles toward the village of Fort Hunter. The race site is on the right next to the Fort Hunter firehouse. From local communities, proceed to the intersection of Rts. 5S and 30, then go west on Rt. 5S following the route indicated above.

Mail entry and check payable to FMRRC, c/o ARE Event Productions, PO Box 38195, Albany, NY 12203.

Check here if you are an FMRRC member. Check here if competing as a team (*One team only; no day-of-race team registration*) **NOTE: EACH TEAM MEMBER MUST FILL OUT A SEPARATE ENTRY FORM**

Father/son team? Father/daughter team? Name and age of teammate _____

Name _____ Age _____ DOB _____ Sex _____

Street _____ Phone _____

City/State/Zip _____ Email _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against the Fulmont Roadrunners Club, Road Runners Club of America, the State of New York and Town of Florida, and all sponsors, officials, and volunteers in this race for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature _____ Date _____

(Signature of parent/guardian if runner is under 18)