

HUDSON VALLEY COMMUNITY COLLEGE'S WELLNESS CENTER PRESENTS

8TH Annual

5K

Race Away Stigma



SUNDAY
OCTOBER 9TH

HELP RACE AWAY THE
STIGMA SURROUNDING
MENTAL ILLNESS



REGISTRATION BEGINS AT 8:30 A.M.

AT THE PAVILLION IN FRONT OF HUDSON HALL

RACE BEGINS AT 10 A.M.

AWARDS & SNACKS BEGIN AT 11 A.M.

\$17 HMRRC MEMBERS, \$25 NON-MEMBERS, FREE FOR HVCC STUDENTS
(\$30 DAY OF RACE REGISTRATION)

ALL PARTICIPANTS RECEIVE A T-SHIRT WHILE SUPPLIES LAST.

CHECKS PAYABLE TO
HVCC PROJECT AWARE

MAIL FORM & ENTRY FEE TO
Hudson Valley Community College
Race Away Stigma 5k
Wellness Center

80 Vandenberg Avenue, Troy, NY 12180

OR

ONLINE REGISTRATION & FORMS

www.hvcc.edu/cct/race.html
www.finishright.com

Name _____

Address _____
city state zip

Age _____ Sex _____

IF YOU ARE UNDER THE AGE OF 18, A PARENT OR GUARDIAN MUST SIGN

parent or guardian signature date

I REPRESENT THAT I AM 18 OR OLDER (UNLESS MY PARENT OR GUARDIAN HAS SIGNED ABOVE), THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THE RACE, AND THAT MY CONDITION HAS BEEN VERIFIED BY A MEDICAL DOCTOR WITHIN A REASONABLE PERIOD OF TIME. I GIVE UP MY RIGHT TO BRING AN ACTION TO RECOVER ANY COMPENSATION FOR INJURY OR DAMAGES TO ME OR MY PROPERTY ARISING FROM MY PARTICIPATION IN SAID RACE, AND RELEASE, TO THE FULLEST EXTENT ALLOWED BY LAW, HUDSON VALLEY COMMUNITY COLLEGE, RENSSELAER COUNTY, THE STATE UNIVERSITY OF NEW YORK AND THEIR RESPECTIVE AGENTS, SERVANTS AND EMPLOYEES ("COLLECTIVELY RELEASEES") FROM ANY CLAIM I OR MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST ANY RELEASEES IN ANY WAY RESULTING FROM MY PARTICIPATION IN THE RACE, TO THE FULLEST EXTENT ALLOWED BY THE LAW AND I AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS RELEASEES FROM ALL SUCH COSTS, CLAIMS, LOSSES OR DAMAGES. I RECOGNIZE AND VOLUNTARILY AND KNOWINGLY ASSUME THE RISKS INHERENT IN THE RACE.

signature date

Contact and questions: Carrie Zurenko (518) 629-7176, c.zurenko@hvcc.edu / Larry Ellis (518) 629-7175, l.ellis@hvcc.edu



Rensselaer County Mental Health



Samaritan Hospital
ST PETER'S HEALTH PARTNERS



AMERICAN FOUNDATION FOR
Suicide Prevention



Road ID
It's Who I Am.



equinox
People • Programs • Purpose

Ellis
MEDICINE