



2016 Tawasentha Park XC Series

The **USATF Adirondack Association** through a developmental grant from the Associations Grant Committee of USA Track & Field is partnering with the **Hudson Mohawk Road Running Club** in their 2016 August Tawasentha Park Cross Country Series.

The Cross Country Races will be held on Monday evenings August 8, 15 and 22, all beginning at 6:30 p.m. at Tawasentha Park in Guilderland, NY.

Entry is FREE if you are a HMRRC or USATF Adirondack member. We ask that you sign up online at least 24 hours before each race date. We will be "chip" timing all races. Check out our new team competition. The free entry code has been sent via e-mail to all members.

To join the Hudson Mohawk RRC go to: <http://www.hmrrc.com>

For info on USA Track & Field Adirondack go to: <http://www.usatfadir.org/>

To register for the races go to:

<http://www.areep.com/events/taw/index.php>





2016 Tawasentha Park XC Series

Race #1	Monday, August 8	6:30 p.m. 5k race	7:30 p.m. Kids 0.6k Race
Race #2	Monday, August 15	6:30 p.m. 5k race	7:30 p.m. Kids 0.6k Race
Race #3	Monday, August 22	6:30 p.m. 5k race	7:30 p.m. Kids 0.6k Race

All races are at Tawasentha Park in Guilderland, NY

Internet directions use: Carl Waters Tawasentha Park, 188 State Route 146, Altamont, NY 12009

All 5k runners will be "chip" timed.

All races are FREE for HMRRRC and USATF Adirondack Association members.

\$5 entry fee for non HMRRRC and non USATF runners.

We ask that all team registrations be completed online no later than 8 a.m. on race morning.

We will accept day-of-race registrations beginning on site at 5:00 p.m. and ending 15 minutes before the start of each race. All runners must sign a waiver. Parents/Guardians must sign if runner is under 18.

Team Divisions: Male, Female, Coed (at least one scorer of each gender), Masters (40+)

Up to 5 runners per team with the top 3 scoring by overall place.

We ask that all team registrations be completed online no later than 8 a.m. on race morning.

No onsite team registration or team changes will be allowed.

All finishers will receive a merchandise award compliments of USATF Adirondack.

To register and for complete details go to: <http://www.areep.com/events/taw/index.php>

