

Hudson Valley Community College's Wellness Center Presents

# 10th Annual Race Away Stigma 5K

Help Race Away Stigma Surrounding Mental Illness



## Saturday, Oct. 20, 2018

Registration Begins At 8:30 a.m.

At the Pavilion in Front of Hudson Hall  
Race Begins At 10 a.m.

Awards & Barbecue Begin At 11 a.m.

REGISTRATION: Before Oct. 20 = \$20, Day of Race = \$30  
Free to all HVCC students, Student's from local colleges = \$10  
T-shirt (based on availability), raffle prizes, post-race snacks included

Donations: Benefit Unity House

Suggested Donations \*Please check the box next to amount  \$1  \$5  \$10  Other \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City

State

Zip

Shirt Size S M L XL XXL 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 the 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 Releasee in any way resulting from my participation in the Race, to the fullest extent allowed by 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

Mail form and entry fee to: **OR**  
Hudson Valley Community College  
Race Away Stigma 5K  
Wellness Center  
80 Vandenburg Avenue, Troy, NY 12180

Online Registration and Forms:  
[www.hvcc.edu/cct/race.html](http://www.hvcc.edu/cct/race.html)  
[www.finishright.com](http://www.finishright.com)

Checks payable to  
HVCC Project Aware

Contact and Questions: Larry Ellis, (518) 629-7175, [l.ellis@hvcc.edu](mailto:l.ellis@hvcc.edu)  
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