

Mission Statement

The Mohawk Valley Hill Striders started with a group of runners meeting every Tuesday and Saturday. We developed a friendship based on our shared enthusiasm for running. Our goal is to promote the sport of running and provide training opportunities for our members of all categories- from beginners to competitive. Our training runs contain several different levels, so the newest runners will not feel intimidated. By being a part of this group you will meet other runners, giving you the commitment, motivation, and confidence to enjoy the sport of running. And the best part of joining a running group is the friendships you will form, which go far beyond just running.



Light Up The Night Run/Walk

Sunday November 6, 2016

SUNY Polytechnic Institute



Registration opens at 4:30 PM
3.2 Mile Walk at 6:15 PM
3.5 Mile Road Race at 6:30 PM

**First 100 to register will
receive a free glow arm band**

www.mohawkvalleyhillstriders.com

The event is designed to educate runners and walkers on how to safely perform their activities at night.

Key thoughts to emphasize for runners/walkers:

1. Maximize reflective gear

If you wear bright, neon or white clothing, drivers can spot you from 180 feet away. For a car driving at 40 mph, it takes more than 180 feet to come to a stop.

2. Accentuate the moving parts

Make sure you have reflective gear on feet, ankles, and wrists, which move the most during your stride.

4. Be bright and flashy

Handheld flashlights or headlamps and reflective vests serve dual purposes. They light your way and alert drivers to your presence. Studies show that flashing lights are more eye-catching than solid lights.

5. Run with a buddy

Running in a group or with a buddy is safer.

6. Chose a well-lit route

Be familiar with route and run facing traffic.

7. Ditch the headphones

You want to stay alert when running at night. Listening to music can keep you from being aware of your surroundings.

The key to running or walking at night is to see and be seen.

Course:

A scenic and challenging course through the SUNY PI Campus in Marcy, NY. Find a course map on www.mohawkvalleyhillstriders.com

Registration and Packet Pick-Up:

Registration and packet pick-up will be at the SUNY PI Campus Center on Sunday November 6, 2016 from 4:30-6:00 PM.

Registration

For both 3.5 mile run & 3.2 mile walk:

\$7 MVHS Member

\$10 Individual non-member

\$5 Kids under 10

\$20 Family (max 2 adults, 2 kids)

Make Checks Payable to:
Mohawk Valley Hill Striders

Mail Registration by Oct 28 to:

Joseph Wilczynski
9643 Maynard Drive
Marcy, NY 13403

*Registration is also available at the door

Note: Strollers are allowed for the 3.2 mile walk but not for the run.

Food

Light refreshments will be provided.

2016 Entry Form

One entrant per form please

Last Name

First Name

Address

City

____ - _____ - ____ - ____

State

Zip

Age

Sex

____ - ____ - ____

Phone

MVHS Member

Email:

Event: Run Walk

Entry Fee: (see registration panel)

Enclosed \$ _____

Waiver

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Marcy, SUNY PI, Mohawk Valley Hill Striders, Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Sign

Date