

14th annual
ALTAMONT
5K
RUN/WALK

Saturday, AUGUST 27, 2011
Race starts at 9:00 AM

Featuring the
ALTAMONT MILE
& other kid's races

Bozenkill Park, Gun Club Road, Altamont, NY
(10 miles west of Albany off Rt. 20/Western Ave to Rt. 146 west)

To Benefit the Altamont Community Food Pantry
Please bring an UNEXPIRED food or dry good item

USA Track & Field Certified Course #NY05030AM

Featuring:

T-Shirts to 1st 350 to pre-reg in the 5K
Over 100 door prizes
Music on the Course & at the Finish Area
Reid F. Northrup Memorial Award to the
Overall Male & Female 5K Champions

Awards: **5K**

Walk Division Top 5 Overall Male & Female
5K Run Top 3 Male & Female Age Groups:
12 & Under; 13-16; 17-19; 20-24; 25-29
30-34; 35-39; 40-44; 45-49; 50-54; 55-59
60-64; 65-69; 70-74; 75-79; 80+plus

Fees:

Pre-Registration **\$16.00** Run or Walk
Pre-Reg 70+plus **\$12.00** Run or Walk

Race Day 5K for all **\$20.00** Run or Walk
Kid's Races (always) **\$ 2.00** Pre or Day

Kid's Races: (start 10:15) Ages 0-4; 5-6; 7-8
9-11 (**Altamont Mile** – Top 3 Male & Female
receive Special Awards). All kids get medals.

Registration available on our website at www.altamont5k.org or at
<http://www.active.com/5k-race/altamont-ny/altamont-5k-2011-yw162>

Need more info call (518) 861-6350 or email altamont5k@nycap.rr.com

Altamont 5K Run/Walk Entry Form 2011

One person per entry form

Checks payable to Altamont 5K

Send to: **35 Whipple Way, Altamont, NY 12009-9204**

Email address _____ **Check one:** 5K run _____ 5K walk _____ Kid's Race _____

NAME _____ ADDRESS _____

CITY _____ ST _____ ZIP _____ AGE _____ SEX _____ PHONE # _____

Signature _____ (if under 18 Parent/Guardian must sign)

I waive & release all rights & claims for damages I might have against the Village of Altamont, Town of Guilderland, Albany County, USA Track & Field, and all officials of the event. I am physically fit to compete in this event.

www.altamont5k.org