



**[9th Annual]**  
**RABBIT RAMBLE**  
**4 MILE RUN**  
**&**  
**2 MILE WALK**

**Saturday**  
**MARCH 30, 2013**  
**10:00 AM**

**GUILDERLAND HIGH SCHOOL (back lot)**  
**SCHOOL RD (just off Rt. 146 west)**  
**GUILDERLAND CENTER, NY**

- >T-Shirts - first 200 to pre-register
- >Door prizes
- >Refreshments

USATF Certification #NY07010JG

**ENTRY FEES:**  
 \$16 pre-registration  
 \$12 pre-reg 70+plus  
 \$20 Race Day for all

2 Mile Walk Division M&F combined - Top 15

>Proceeds to benefit area food pantries & charities.

>Please bring an **UNEXPIRED** dry good item.

- >Ramble awards to top 3 - Male & Female
- >Age groups: (3 MF) 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+
- >No Duplications

Registration online at:

<http://www.active.com/running/guilderland-center-ny/19th-annual-rabbit-ramble-4-mile-run-and-2-mile-walk-2013>

NEED MORE INFO CALL: (518) 861-6350 or email: RabbitRamble@nycap.rr.com

Make checks payable to: **RABBIT RAMBLE**

Mail To: 35 Whipple Way, Altamont, NY 12009

Check one:  
 Run \_\_\_\_\_ Walk \_\_\_\_\_  
 One person per entry form - please

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Phone# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I waive and release all rights and claims for damages I might have against  
 Guilderland Central Schools, the Town of Guilderland, Albany County, USA Track & Field, and all race officials.

Signature \_\_\_\_\_  
 (Parent's/Guardian Signature If Under 18)