

"HELDERBERG"

5K for WOMEN

**Domestic Violence
Awareness Run**

**Sunday
July 17, 2016
9:00 AM**

**Voorheesville High School
432 New Salem Road
Voorheesville, NY**

USATF Certified NY13087JG

Awards to all Finishers
T-shirts 1st 200 pre-reg

but look what else we will have
plus other surprises
on race day

ENTRY FEES:
\$20 pre-registration
all ages
\$30 Race Day

>Overall awards to top 5
No Duplication

>Age groups: (Top 3)
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

Walk Division
Top 10 overall

NO Duplication of Awards

Complete Entry Form below or Register online at
www.active.com/voorheesville-ny/running/distance-running-races/helderberg-5k-for-women-2016

FOR INFO CALL (518) 861-6350 or email alta5k@yahoo.com

One person per entry form - please

Make checks payable to: White Knight Ent

Check One: _____ Run _____ Walk

NAME _____ AGE _____ SEX _____ EMAIL _____

ADDRESS _____ PHONE# _____

CITY _____ STATE _____ ZIP _____

SIGNATURE _____ If under 18
Parent/Guardian

I waive and release all rights and claims for damages I might have against the
Voorheesville School District, Town of New Scotland,
Helderberg Running Club, and all race officials and volunteers.

Send to: 35 Whipple Way - Altamont, NY 12009