



25th Annual  
 "Silver Anniversary"  
**RABBIT RAMBLE**  
**4 MILE RUN**  
 &  
**2 MILE WALK**

**Saturday**  
**April 20, 2019**  
**9:00 AM**

>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

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

**Long Sleeve T-Shirts - first 150 to pre-register**  
 >Door prizes  
 >Refreshments

**USATF Certification #NY07010JG**

2 Mile Walk Division M&F combined - Top 10

Registration online at:  
[https://www.zippyreg.com/online\\_reg/index.php?e=1167](https://www.zippyreg.com/online_reg/index.php?e=1167)

**ENTRY FEES:**  
**\$22 pre-registration**  
**\$18 19 & Under**  
**\$18 pre-reg 70+plus**

**\$30 Race Day for all**

**Don't wait - save money**  
**enter early**

*>Proceeds to*  
*benefit area*  
*food pantries*

*>Please bring*  
*an UNEXPIRED*  
*canned food item or*  
*dry good item.*

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)