

19th annual  
**ALTAMONT**  
**5K**  
**RUN/WALK**

**Saturday, AUGUST 27, 2016**  
**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)

**\*\*\*3<sup>rd</sup> Leg of the Hilltown Triple Crown series\*\*\***

Fox Creek 5K, Berne – Voorheesville 5K – Altamont 5K

8/6

8/20

8/27

Contact [FoxCreek5K@gmail.com](mailto:FoxCreek5K@gmail.com) for Triple Crown info & entry form

**Sanctioned by USA Track & Field**  
**USA Track & Field Certified Course #NY05030AM**

\*Need more info call (518) 861-6350  
or email [altamont5k@nycap.rr.com](mailto:altamont5k@nycap.rr.com)

\*\*\*Please bring an unexpired food or dry good item to help supply local food pantries\*\*\*

**Featuring:**

T-Shirts to 1<sup>st</sup> 300 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 **\$18.00** Run or Walk  
Pre-Reg 70+plus **\$15.00** Run or Walk

Race Day 5K for all **\$25.00** Run or Walk  
\*\*Kid's Races\*\* **\$2.00 Race Day Reg Only**

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

**LIVE BAND in concert – Noon until 2PM after the race**

Registration available on our website at [www.altamont5k.org](http://www.altamont5k.org) or at

<http://www.active.com/altamont-ny/running/distance-running-races/19th-annual-altamont-5k-run-walk-2016>

**Altamont 5K Run/Walk Entry Form 2016**

**\*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 – Race Day Reg Only\*\*

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 State of New York, NYS Department of Transportation, 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.