

19th annual
ALTAMONT
5K
RUN/WALK

Sunday, AUGUST 28, 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)

*****3rd Leg of the Hilltown Triple Crown series*****

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

8/6

8/20

8/28

Contact 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

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

Featuring:

T-Shirts to 1st 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 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.