

12th annual
ALTAMONT
5K
RUN/WALK

Saturday, AUGUST 29, 2009
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)

To Benefit the Altamont Community Food Pantry
 Please bring an UNEXPIRED food or dry good item

Registration also available at www.active.com (fee) or www.allsportcentral.com (fee) or at our website
www.altamont5k.org (no fee) thru PayPal

Need more info call (518) 861-6350 or email altamont5k@nycap.rr.com

Featuring:

T-Shirts to 1st 300 to pre-reg in the 5K
 Over 125 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

***Special Award** – Compete in both the **ALTAMONT 5K** & the **FAM 5K “FUND” RUN/WALK** in
 Cobleskill, NY, and get the **BEST COMBINED TIME** for both events

*****win additional prizes at the **FAM 5K in September*******

Contact: FAM5K@famfunds.com for more details & an entry form or call 1-800-932-3271

Fees:

Pre-Registration \$15.00 Run or Walk
 Pre-Reg 70+plus \$13.00 Run or Walk
 Race Day 5K for all \$18.00 Run or Walk
 Kid’s Races (always) \$ 3.00 Pre or Day

Kid’s Races: (start 10:15) Ages 0-4; 5-6; 7-8
 9-11 (**Altamont Mile** – Top 3 Male & Female
 receive Special Awards). All kids get medals.

Altamont 5K Run/Walk Entry Form 2009

***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 _____

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 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.

www.altamont5k.org