

15th annual  
**ALTAMONT**  
**5K**  
**RUN/WALK**

**Saturday, AUGUST 25, 2012**  
**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

USA Track & Field Certified Course #NY05030AM

**Featuring:**

T-Shirts to 1<sup>st</sup> 350 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 **\$16.00** Run or Walk  
Pre-Reg 70+plus **\$13.00** Run or Walk

Race Day 5K for all **\$20.00** Run or Walk

**Kid's Races**

**NO Pre-Entry**

**Race Day Only \$2.00**

**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.

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

<http://www.active.com/5k-race/altamont-ny/15th-annual-altamont-5k-run/walk-2012>

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

**Altamont 5K Run/Walk Entry Form 2012**

**\*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 \_\_\_\_\_

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](http://www.altamont5k.org)