

22nd annual
ALTAMONT
5K
RUN/WALK

Saturday, AUGUST 24, 2019
Race starts at 9:00 AM

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

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

8/3

8/17

8/24

Contact FoxCreek5K@gmail.com for Triple Crown info & entry form

Benjamin M. Crupe Bozenkill Park, Gun Club Road, Altamont, NY

(10 miles west of Albany off Rt. 20/Western Ave to Rt. 146 west)

Sanctioned by USA Track & Field
USA Track & Field Certified Course #NY18053JG

*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 250 to pre-reg in the 5K
Over 100 door prizes
Music on the Course & at the Finish Area

Reid F. Northrup Memorial Award to Male Winner

Christine Marshall Memorial Award to Female Winner

Fees:

Pre-Registration	\$22.00	Run or Walk
Pre-Reg 70+plus	\$18.00	Run or Walk
Pre-Reg 12& Under	\$18.00	Run or Walk
Race Day 5K for all	\$30.00	Run or Walk

Awards: 5K

Walk Division Top 5 Overall Male & Female

5K Run Top 3 Male & Female Overall

plus Age Groups Top 3 M&F:

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

Registration available on our website at www.altamont5k.org or at

<https://www.zippyreg.com?event=1232>

Altamont 5K Run/Walk Entry Form 2019

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 _____ (under 18 Parent/Guardian must sign) **Shirt Size (circle one) S M L XL XXL**

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.