

23rd annual
ALTAMONT
5K
RUN/WALK

Saturday, AUGUST 29, 2020
Race starts at 9:00 AM

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

Fox Creek 5K, Berne – Voorheesville 5K – Altamont 5K
8/8 TBA 8/29

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 200 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 **\$23.00** Run or Walk
Pre-Reg 70+plus **\$18.00** Run or Walk
Pre-Reg 1 - 19 **\$18.00** Run or Walk
Race Day 5K for all **\$30.00** Run or Walk

Awards: 5K

Walk Division Top 5 Overall Combined
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/online_reg/index.php?e=1430

Altamont 5K Run/Walk Entry Form 2020

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 2XL 3XL**

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.