

24th annual  
**ALTAMONT**  
**5K**  
**RUN/WALK**

**Saturday, AUGUST 27, 2022**  
**Race starts at 9:00 AM**

**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](mailto:altamont5k@nycap.rr.com)

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

**Featuring:**

T-Shirts to 1<sup>st</sup> 150 to pre-register  
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 ages 18-69	<b>\$25.00</b> Run or Walk
Pre-Reg ages 70+plus	<b>\$20.00</b> Run or Walk
Pre-Reg ages 17 & Under	<b>\$20.00</b> Run or Walk
Race Day 5K for all	<b>\$35.00</b> Run or Walk

**Awards: 5K**

**Walk Division** Top 10 Overall Combined 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](http://www.altamont5k.org) or at

[https://zippyreg.com/online\\_reg/?e=1639](https://zippyreg.com/online_reg/?e=1639)

**Altamont 5K Run/Walk Entry Form 2022**

**\*One person per entry form\***

**Checks payable to Altamont 5K**

Send to: **35 Whipple Way, Altamont, NY 12009**

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 XXXL**

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.