

25th annual
ALTAMONT
5K
RUN/WALK

Saturday, JULY 29, 2023
Race starts at 9:00 AM

Benjamin M. Crupe Bozenkill Park,
6374 Gun Club Road, Altamont, NY
(10 miles west of Albany off Rt. 20/Western Ave to Rt. 146 west)

25th "SILVER ANNIVERSARY" Event

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 150 to pre-register
Over 100 door prizes
Fitness Fair, vendors and more
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 19- 69	\$25.00	Run or Walk
Pre-Reg ages 13-18	\$20.00	Run or Walk
Pre-Reg ages 70+plus	\$20.00	Run or Walk
Pre-Reg ages 12 & Under	\$15.00	Run or Walk
Race Day 5K for all	\$35.00	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 or at
https://www.zippy-reg.com/online_reg/index.php?e=1826



Altamont 5K Run/Walk Entry Form 2023

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.