

Get your running shoes ready for the...

4th Annual Falcon 5K (Run/Walk) & Fun Run

Get the school year off on the right (and left) foot! Join runners from our school community and beyond to celebrate a healthy and productive new school year.

**Sunday, September 25, 2016 • 9:30 a.m. (Runners & Walkers)
Kids Fun Run – 1-Mile at 10:30 a.m.**

(Kids Run is day of race registration only, no pre-registration)

COURSE – Race will start and finish at the Lake House in Albany’s Washington Park.

AWARDS – Top 3 Overall Male & Female, Top 3 Teams, Top Male & Female Under 12, Top Male & Female 12-14 and Top 3 Male & Female in each age group:
15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

SHIRTS – First 500 Registrants receive T-Shirt (Adult Sizes only. T-Shirt size not guaranteed)

REGISTRATION – Must be postmarked by September 19, 2016

Race Day Registration and Packet Pick-up will open at 8:00 a.m. at the Lake House.
Please No Dogs, Strollers or Headphones on race day.



Entry Fee (non-refundable) **Postmarked by 9/19:** \$5/Student (U-18) • \$10/College Student (U-23) • \$15/Adult
Race Day: \$10/Student (U-18) • \$15/College Student (U-23) • \$20/Adult

Register online at: www.albanyboosterclub.org

Or mail in form below. One form per participant. *Send with check payable to Albany Booster Club to:
Falcon 5K, c/o AREEP, PO Box 38195, Albany, NY 12203*

*First Name: _____ Last Name: _____ Sex: M _____ F _____

*Address: _____ City: _____ State: _____ Zip Code: _____

5k Run 5k Walk Kid’s Fun Run (Day of Registration Only)

*DOB: _____ *Age on Race Day: _____ *Email: _____ Phone (____) _____

*Emergency Contact: _____ Emergency Phone (____) _____

*Team Information (if applicable): Team Name/Team Captain Name : _____
(Minimum of 3 runners per Group/Team) *(i.e. AHS Soccer; Myers Middle School; Debate Team)*

* T-Shirt Size: Circle One S / M/ L/ XL/ 2XL (T-Shirt size not guaranteed) DOLLAR AMOUNT ENCLOSED \$ _____

Liability Waiver & Release: I certify that I am the subject runner or I am the legal parent/guardian of the subject runner in this event. I know that running a race is a potentially hazardous activity, and that I should not enter or run unless I am medically able and properly trained and conditioned. I further understand that the course may contain natural hazards, including uneven terrain. I assume all risks associated with running this event, including but not limited to, falls, contact with other participants and effects of weather, including high heat and/or humidity and rain/wet slippery conditions. In consideration of the acceptance of my entry, I, on behalf of my heirs, executors, administrators and assignors hereby release myself and discharge the Albany Booster Club, the ABC Falcon 5K and Fun Run, the City of Albany, the Albany City School District, as well as any other sponsors or beneficiaries and their representatives. I am aware that medical support for this event will be volunteer personnel who will be available for first aide assistance ONLY. I hereby grant permission to the Albany Booster Club and other sponsors of this event to use information submitted in this application, and any record of this race containing my likeness as well as race results, including my name and competition time for any purpose, including, but not limited to pre-race and post-race publicity. I hereby certify that I have read all terms and conditions of the release and intend to be legally bound thereby.

Signature _____ Date _____
(Parent or Guardian required if under 18)

Proceeds to Benefit the Albany Booster Club Contact: Kristin Bonds (bondskristin@hotmail.com) /518-253-9885

This is not a school-sponsored event. The City School District of Albany is not responsible or liable for any problems or damages arising from participation in this activity.