

**Sunday
September 28**

Registration: 8 - 9:30am
Warm up: 9 :30am
5K Race/walk: 10 :00am

** Strollers only allowed for registered 5k walkers

Additional forms and information available at <http://www.coloniyouthcenter.org>



Sponsorships Available: Ph: 518-438-9596 Email: bboodram@coloniyouthcenter.org

Awards / Categories
1st, 2nd, 3rd place overall in the Men's and Women's Division
And the same in the following categories:
Ages: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +

Register EARLY for the best deal!
Walkers are welcome

The Crossings 5K Challenge is a flat and fast race through the Crossings Park. Race starts and finishes at Colonie Youth Center's Rudy A. Ciccotti Family Recreation Center, 30 Aviation Rd., Colonie 867-8920.

Kids' Fun Run

1/2 mile run begins after 5K (est. 10:45am)
All kids up to age 12 receive a medal for participating and a post-race pizza party to celebrate.

FREE to enter. Must be registered.
Youth shirts available for a \$10 donation to the Colonie Youth Center.

Kids' Fun Run sponsored by
Tech Valley Homes Real Estate

Everyone is welcome!

First year inviting TEAMS of Families & Friends, Businesses, or Schools

All registered 5K runners and walkers will be entered in our raffle!

FREE long sleeve tee to first 300 registered.
Food and beverages for all entrants.

Pre- or post-run massage compliments of
Center For Natural Wellness School of Massage Therapy.

Form may be photocopied. One entry form per person. *Entry fees are non-refundable

First Name _____ Last Name _____ Business (if applicable) _____

Street Address _____ City _____ State _____ Zip _____ E-mail _____

Phone _____ Date of Birth _____ Age (on 9/28/08) _____ Male Female

*Team Name _____ Select one: Friends & Family Business School

**Each team captain must submit a team roster form for up to 5 teammates in the same envelope with all their teammates' registration forms and payment.*

All forms may be downloaded from www.coloniyouthcenter.org or by emailing bboodram@coloniyouthcenter.org

Check here for Kids Fun Run up to age 12. FREE to enter. All kids receive a medal for participating.

***Youth shirts available for a \$10 donation.** Youth Shirt Size (check size if applicable) S M L XL

Check here for Adult 5K Run/Walk—\$16 before 8/15, \$20 8/16— 9/27, \$25 day of race registration only

5k Adult Shirt Size S M L XL XXL **(Free to the first 300 registered runners!)**

Mail entry form to: Colonie Youth Center, 272 Maxwell Road, Latham, NY 12110

Register online at Active.com or register by mail or in person using one of the following methods:

Check Enclosed

Please make check payable to Colonie Youth Center.

Credit Card

Name on the card _____

CC # _____

Exp. Date _____ 3 Digit Code on back _____

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that: 1. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation I will remove myself from participation and bring such to the attention of the nearest official immediately and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation and 3. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE COLONIE YOUTH CENTER, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct this event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT and 5. I grant full permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings or any other record of this event for any purpose including commercial use.

Signature/Date _____

Emergency Phone Number (s) _____

Signature of Parent or Guardian if participant is a minor/Date _____