

RUN OFF THAT TURKEY- TROT 5K

SATURDAY, 11/28/09

10:00 AM

ST. LUCY'S PARISH HALL

GRAND STREET

ALTAMONT, NY

Fees: \$15 pre-reg; \$13 pre-reg 70+plus; \$20 race day for all – checks payable to **Holiday Classic**

Awards: Top 3 - overall M&F; 12 & under; 13-16; 17-19; 20-29
30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+plus

Walk Division - Top 5 Combined M & F

Registration also available online at www.active.com

Running gloves to the 1st 150 to pre-reg, limited to 300 entrants, door prizes, refreshments and more...

Benefit event for the Altamont Community Food Pantry

Please bring an unexpired dry good item(paper or food)



One entry per form please

Check One: Run _____ Walk _____

Name _____ Age _____ Sex _____ email address _____

Address _____ Phone# _____

City _____ State _____ Zip _____

Signature (if under 18 parent or guardian) _____

I waive & release all rights & claims for damages I might have against the Village of Altamont, Town of Guilderland, Albany County, USA Track & Field, and all officials of the event. I am fit to compete in this event.

Checks Payable to Holiday Classic: send to: 35 Whipple Way, Altamont, NY 12009

More info call 518-861-6350 or email holidayclassic@nycap.rr.com