



# The 7<sup>th</sup> Annual St. John's/St. Ann's Spring RUN-OFF

## To Benefit St. John's/St. Ann's Outreach Center

Co-sponsored by the City of Albany, Mayor Jerry Jennings

Date: **Saturday, April 24<sup>th</sup> 2010**  
Location: **Albany's Hudson River Way Amphitheatre**  
Time: **10K.....8:30 am**  
**5K and Family Fun Walk (1 mile) .....10:00 am**

**Application Available At**  
[www.springrunoff.com](http://www.springrunoff.com)  
OR  
[www.active.com](http://www.active.com)

**Course**  
Albany's Hudson River Way  
Corning Preserve Bike Path

**Race Day Registration**  
Begins at 7:30 am.

**T-Shirts**  
Free to the first 300 registered entrants.

**Prizes**  
Prizes will be awarded to the top three male & female finishers in the 5K & 10K race as well as winners in each age division.

**Benefits**  
St. John's/St. Ann's Outreach Center.

**Packet Pick-up & Pasta Dinner**  
Friday, April 23 from 5-7pm — *Pick up your race packet and T-shirt, and join us for a free pre-race pasta dinner (sponsored by D'Raymonds Restaurant) on the night before the race. Each registered runner can reserve 2 spots by checking the appropriate boxes on the entry form.*

**St. John's/St. Ann's Center**  
88 Fourth Avenue, Albany, NY.

**Information 518-472-9091**

**5K & 10K: \$15/person, per race** (If received by April 14, 2010)

**All Walk-in Registration Fees: \$20/person**  
(If received after April 14, 2010)

**Family Fun Walk (1 Mile): \$10/Adult, \$5/Child**

**PHANTOM RUNNER:** Interested in supporting the Outreach Center, but unable to make it on race day? **Register as a phantom runner.**

**Mail Entry Form with Enclosed Fee To:**

Spring RUN-OFF  
St. John's/St. Ann's Church  
88 Fourth Avenue, Albany, NY 12202-1945

*Race results will be posted at*  
**[www.springrunoff.com](http://www.springrunoff.com)**

----- ONE ENTRY FORM PER RUNNER -----

Name \_\_\_\_\_ Age \_\_\_\_\_  Male  Female  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Event  10K  5K  Family Fun Walk  
Phantom Runner \_\_\_\_\_ Circle Shirt Size: **Adult** S M L XL  
Attending Friday Night Packet Pick-up Pasta Party? Email Address \_\_\_\_\_  
 Yes  No  Bringing a guest Amount Enclosed \_\_\_\_\_

**Make Checks Payable To: St. John's/St. Ann's**

I hereby, for myself, my heir, executors and administrators, waive and release any rights and claims for damages I may have against the organizers and sponsors and the agents for any injuries suffered by me from or out of my participation. I also confirm that I am physically fit and that my condition has been verified by a physician. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby. I understand that no dogs, skates or bikes are allowed during any of these events. I also understand photos taken at the race may be used in any promotional materials, posters, pamphlets or on the official Spring Run-Off website.

SIGNATURE: \_\_\_\_\_ PARENT SIGNATURE (if under 18): \_\_\_\_\_