



**2ND ANNUAL
 SPRING HAS SPRUNG 10 MILE RUN
 5K RUN • 1 MILE KIDS RUN • 3K WALK
 Sunday, May 17 • Events begin at 8:30am
 Register at www.FinishRight.com**

The Southern Saratoga YMCA's 5K and 10 mile run start simultaneously at 9:00 am and end at the SSY. The 5K race will take you through some of Clifton Park's residential neighborhoods. The race is a smooth enjoyable run with very few inclines. The 10 mile course is flat and fast and is on town bike trails and neighborhood streets. A "PR" course!

To celebrate the arrival of Spring, all participants will receive a packet of seeds. The first 100 registrants for the 10 mile run receive a long-sleeved shirt. All 5K runners receive a tee-shirt.



WHEN: Sunday, May 17, 2015
WHERE: Southern Saratoga YMCA
TIME: 8:30am
ENTRY FEE: **Pre-registration**
 \$30 10 Mile Run
 \$20 5K Run
 \$10 3K Walk
 FREE 1 mile Kids Run
Day of Registration
 \$35 10 Mile Run
 \$25 5K Run
 \$10 3K Walk
 FREE 1 mile Kids Run

Mail Registration and Payment to: **Capital District YMCA**
 465 New Karner Road
 Albany, NY 12205

REGISTRATION

First Name Last Name

Date of Birth Email Address

Billing Address

City

Phone Gender Shirt Size 10 Mile 5K Run 3K Walk Kids Run

I hereby release the Capital District YMCA and all municipal agencies whose property and /or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2015 Capital District YMCA Healthy Community Series. In addition, I permit the use of my/his/her photo in brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Participant Signature _____

Parent/Guardian Signature (if under 18) _____