



SATURDAY, May 18, 2019

- **Race-day registration:** 7:30-8:45 a.m.
- **Race start:** 9:00 a.m.
- **Parking:** at Johnstown High School. Shuttle van will be available to and from the site.
- **Location:** Johnson Hall, 139 Hall Ave Johnstown, NY
- **Pre-race packet pick-up:** Friday, May 17 from 6 to 7 pm at the Hall.
- **Entry fee:** Pre-registered: \$20; Day of race: \$25
- First 100 entries will receive T-shirts
- Awards to first overall male and female and top three male and female in 14 age groups
- **Questions?** Contact Ron Robinson at 518-762-4459/rprobinson133@gmail.com
- **Teams:** Join your friends, family, or co-workers and register as a team!

****Second Leg of the 5K Triple Crown!****

Register online at <https://www.zippyreg.com>

For the Johnson Jog alone or the Triple Crown

Sponsored by the Friends of Johnson Hall State Historic Site

All proceeds will support programs and restoration at Johnson Hall Historic Site

Registration Form

Make checks payable to Friends of Johnson Hall.

Mail to: Johnson Jog 5K c/o AREEP

PO Box 38195 Albany, NY 12203

Team Name (if applicable) _____

Shirt Size: Small ___ Medium ___ Large ___ XLarge ___ XXLarge ___

Runner___ Walker___ Male___ Female___ Birth date_____

Name _____ Age day of race _____

City _____ State _____ Zip _____

Phone _____ Email address _____

Waiver of Liability and Statement of Fitness: I hereby waive any and all claims against the Friends of Johnson Hall, Johnson Hall Historic Site, or the Fulmont Roadrunners Club and all sponsors, officials and volunteers in this race for any injury or illness which may directly or indirectly result from my participation. I am in proper physical condition to participate in this event.

Signature: _____ (Parental signature required for children under 18)