

15th Annual Albany Heritage Day 5K Run/Walk



**Saturday, August 1, 2009 at 8:00 a.m.
The Legion Park, Main Street, Albany**

Age 15 & over: \$12/person by July 20; \$15 after July 20.

Age 14 & under: \$10/person by July 20; \$13 after July 30.

T-Shirts

Y/L, S, M, L and XL shirts will be given to all participants who pre-register. No guarantee to receive a t-shirt after July 20.

Course

3.1 miles on asphalt roadway on the Lake Wobegon Trail around Albany. Water at the 1/2 way mark.

Race Day

Race numbers may be picked up between 7:00-7:45 a.m. Race day registrations are between 7:00-7:45 a.m. at the Legion Park, Main Street, Albany. Race begins at 8:00 a.m.

Timing/Results

Event will be timed by Apple RaceberryJaM!

Register online at www.albany.k12.mn.us or send in the registration form!

Albany Area Community Education, PO Box 40, Albany, MN 56307 320-845-2171, ext. 5060
www.albany.k12.mn.us jencl@mail.albany.k12.mn.us

Name: _____ Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____
Sex: M F Age: _____ Shirt Size: Y/L S M L XL

In the consideration of the acceptance of this entry in the Albany Heritage Day 5K Run/Walk, I release the City of Albany, Albany Area Community Education, Albany Chamber of Commerce, Heritage Day Committee and any sponsor of the race from all actions, claims and demands of any kind and nature that may arise from or in connection with my participation in any aspect of the race, accepting the risks involved and waiving all rights of any kind that might otherwise exist. In addition, I waive any claims I might have in connection with cancellation or rescheduling of the race for whatever reason. I represent that my physical condition, to the best of my knowledge, is adequate to compete safely in a distance race and that no physician or other qualified individual had advised me against running in such event. I sign on behalf of myself or my heirs, personal representatives and assigns.

Signature of Entrant: _____

(Parent/Guardian signature required if under 18 years of age).

Date: _____