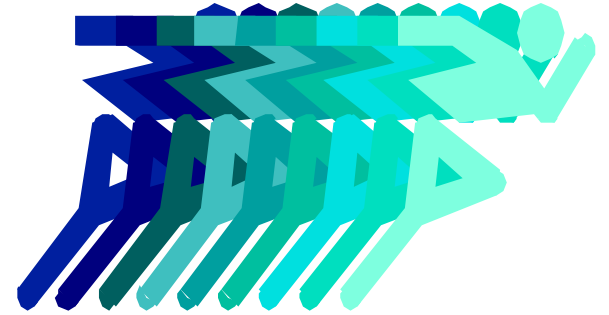


**Albany Area  
Community Education**

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**Albany  
Heritage Day  
5K Run**



**Saturday,  
August 6, 2011  
8:00 a.m.**

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**Legion Park  
Main Street, Albany**

Albany Area Community Education  
PO Box 40  
Albany, MN 56307

# Albany Heritage Day 5K Run

## Location

The Legion Park, Main Street, Albany

## Registration

Register online at

[www.albany.k12.mn.us](http://www.albany.k12.mn.us) then click on

Community Education!

Register in advance by July 15 for a discounted rate. Race day registration is from 7:00-7:45 a.m.

## 1K Run/Walk

Free for children 11 years old and younger.

## Fee

\$15/person by July 15

\$20/person after July 15

## Divisions

Men:	Women:
Overall Men's	Overall Women's
Under 18 years	Under 18 years
18-30 years	18-30 years
31-39 years	31-39 years
40-49 years	40-49 years
50-59 years	50-59 years
Over 60 years	Over 60 years

## 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 15.

## Course

3.1 miles on asphalt roadway and 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.

## Questions

Albany Area Community Education  
320-845-2171, ext. 5060  
jencl@mail.albany.k12.mn.us

## Results

Apple RaceberryJaM

## Official Entry Form

### Albany Heritage Day

**Race Day is August 6, 2011**

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: \_\_\_\_\_

Mail payment to:

5K Run

Albany Area Community Education

PO Box 40

Albany, MN 56307