

(Kids 1 mile Walk or Run)

Sunday, September 13th

Registration 8 - 9:45 am • Run/Walk 10 am

Glens Falls YMCA and Cole's Woods

- Local Vendors
- Refreshments
- Prizes and Music!

Pre-registration Entry Fee:

Adults \$15, Age 12 and under \$10

Race Day Registration:

Adults \$20, Age 12 and under \$15



Contact Michelle Bielawa (518) 935–4349 or Jennifer McCullough (518) 935–4338

Register on active.com • Email mbielawa@caparcny.org

T-Shirts available for all entrants while supplies last

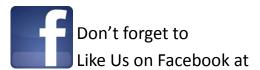
Awards:

Male and Female overall

1st Male & Female in each age group

Kids' 1 Mile:

Participants receive a medal & an ice cream cone certificate



www.facebook.com/wwaarc

To learn more about the mission and other events at Warren, Washington and Albany Counties ARC, please visit our website!

www.wwaarc.org

Ask us about our upcoming Fall Gala 10/16/15 at 90 State Events in Albany!

11-9								
Name					M		F	
Street Address								
City		State			Zip			
Age on Race Day	Phone	Email_						
I am registering for 5K	Monster Mile		Shirt Size	S	М	L	XL	XXL
trained to run. I agree to abit associated with running in the high or low temperatures, we reasons, headphones should this waiver and knowing the behalf, waive and release We sponsors, volunteers and off participation in this event. For other record of the WWAAR	arough the woods is a potentially leade by any decision of a race official and event including, but not limited ind, traffic and the conditions of the land be used and strollers, roller see facts and in consideration of your WAARC, NYSARC, Inc., Family YMO icials, their representatives and surther, I consent and give permiss C 5k Pumpkin Run/Walk for any lead, such as dangerous weather.	al relative to my d to, falls, contact he trail, all such kates, etc. are pour accepting my CA of Glens Falls accessors, from ion to use my lik	ability to sant with other risks are being rohibited ure rentry, I, for the claims or the claims or the claims and do sant do	fely or parting krolless mys ms Fa liabil	complete dicipants, nown an to accon elf, and elf, warr ities of a dice in ph	the run, the effe d appred nmodate anyone e en Coun iny kind a	. I assume ect of the ciated by re the disab entitled to ty, officer arising ou ns, videos	e all risks weather includin me. For safety oled. Having reac o act on my s & directors, at of my , recordings and/
Signature			Date					,
Signature of Parent or Guard	lian (required if under 18)							