

DAY OF RACE REGISTRATION

PACKET PICK UP AT THE

EAST PAVILION AT 7:30AM – 8:45AM

First 250 Paid Registrations will receive a T-Shirt.

OUR SINCERE THANKS
TO OUR SPONSORS FOR
MAKING THIS EVENT POSSIBLE:



Capital Communications
Federal Credit Union

Together. We can.SM

FORTITECH[®]
STRATEGIC NUTRITION



Culligan

better water. pure and simple.™

FOR PARK INFORMATION GO TO:

The Crossings Park:

<http://www.colonie.org/parks/>

Directions: .6 of a mile East of Exit 4 off I-87



THE NEW YORK NATIONAL GUARD
FAMILY READINESS COUNCIL, INC.

www.NYFRC-INC.org

SECOND ANNUAL RUN AND WALK

5K FOR RUNNERS AND WALKERS
(Certified by USA Track and Field (USATF))
ALONG WITH A ONE MILE
FUN RUN FOR KIDS
(8:30 A.M.)

JUNE 20, 2009
9:15 A.M.

The Crossings Park of Colonie

580 Albany Shaker Rd., Loudonville, NY 12211

<http://www.colonie.org/parks/>

Directions: 0.6 of a mile East of Exit 4 off I-87



SECOND ANNUAL 5K RUN AND WALK



By competing in our event you are helping the families of your "Hometown Heroes" deal with the impact of long deployments, while improving your physical fitness and having a lot of fun.

Electronic Timing by Race With Us

Refreshments provided
Ceremony for 5K Run

Special Awards - Top male and female overall.

Age Group Divisions

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69,
70 & over (no duplication of awards)

REGISTER ONE OF THREE WAYS

SUBMIT RACE APPLICATION AND FEE TO:

NEW YORK NATIONAL GUARD
FAMILY READINESS COUNCIL INC.
595 New Loudon Rd, # 170
Latham, NY 12110

(A Non-Profit 501(c)(3) Organization)

Checks payable to NYNGFRC, Inc.

MUST BE RECEIVED BY JUNE 18, 2009

OR

WWW.ACTIVE.COM

OR

[Day of Race Registration](#)

[Packet Pick Up](#)

[At the East Pavilion 7:30AM to 8:45AM](#)



OFFICIAL 2009 ENTRY FORM

SECOND NYNGFRC 5K RUN AND WALK

Saturday, June 20, 2009 at 9:15 AM

The Crossings Park, Colonie, NY



PLEASE DETACH AND MAIL

FIRST NAME MI LAST NAME GENDER (M OR F)

E-MAIL ADDRESS AGE ON RACE DAY

MAILING ADDRESS

CITY STATE ZIP

DAY PHONE EVENING PHONE

REGISTRATION FEES

5K RUN / WALK INDIVIDUAL: \$20.00 (\$25.00 on race day)

1M KIDS FUN RUN - 10 & under: \$10.00
(Ribbons to all participating children) **PLEASE NO STROLLERS**

CIRCLE T-Shirt Size: SM MED LG XL XXL

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, successors, and administrators waive any and all rights and claims for damages I may have against The New York National Guard Family Readiness Council Inc., race committee members, race officials and any and all sponsors and the directors, Officers, employees and agents of such parties, their representatives, successors, and assigns even though those liabilities may arise from negligence or carelessness on the part of persons name in this waiver. I acknowledge and accept all the risks inherent in participating in a Road Race. Further, I hereby grant full permission to any of the foregoing to use any photo, videotape, or any record of this event for any legitimate purpose.

Signature: _____ Date: _____

Members of minor age must have the consent of a Parent / Legal Guardian

Signature: _____ Date: _____