

2nd Annual

Albany Rowing Center

ICE BREAKER CHALLENGE

5K Run/Walk

Our 5K is designed to get you back outside after a long winter, Runners & Walkers will travel along the Hudson River on the Corning Preserve Bicycle Path while, ice permitting, rowers will race the runners in their rowing shells along side on the Hudson.

Date/Time: Saturday, March 31, 2012 9:00am

Location: Corning Preserve, ARC Boathouse parking lot

Course: 5K out and back on the Corning Preserve Bicycle Path

Entry Fee: \$15.00 (post marked by March 24, 2012)
\$20.00 (day of the race)

Awards: First 3 Overall finishers (Male & Female)

T-Shirts: Guaranteed first 400 registered

****Packet pick up and registration begin at 7:30 am on race day****

Information: Kathy Johnston

C/O Albany Rowing Center

PO Box 857

Albany, NY 12201-0857

www.albanyrowingcenter.org

(518) 439-9964



Detach here – Submit one form for each entry

REGISTRATION FORM Mail in Deadline March 24, 2012

Mail Form & non-refundable payment to: Albany Rowing Center, PO Box 857, Albany, NY 12201-0857.

Name: _____ Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Male: _____ Female: _____

T-Shirt Size: _____ SM _____ M _____ L _____ XL

Release: In consideration of the acceptance of my entry I on behalf of myself and my heirs, executors, administrators and assigners hereby release myself and discharge Albany Rowing Center, Ice Breaker Challenge race as well as other sponsors or beneficiaries and their representatives. I am aware that medical support for this event will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby grant permission to Albany Rowing Center and other sponsors of this event to use information submitted in this application, and any record of this race containing my likeness as well as race results including my name and competition time for any purpose whatsoever including, but not limited to pre-race and post-race publicity. I hereby certify that I have read all terms and conditions of the release and intend to be legally bound thereby. I agree Not to wear headphones during this event.

Signature: _____ Date: _____

Signature of Guardian if under 18 years old

Please make Checks payable to Albany Rowing Center, Inc. (Memo Ice Breaker)

OFFICIAL USE ONLY: B# _____ Date Rec.: _____ Amount Paid _____