



The Albany Avenue Shared Decision Making Committee and PTA Proudly Present:



# Albany Avenue's 3rd Annual 5K Run/Walk & Fun Run

Sunday, April 1, 2012

Fun Run begins at 8:25 AM, 5k begins at 9:00 AM

Post Race Ceremony \* Refreshments \* Bagels \* T-Shirts  
Bar-B-Que (Donated by Chili's of Farmingdale)

For more information: email, [info@albanyavenuepta.org](mailto:info@albanyavenuepta.org) or call, Lisa Pugliese (516) 249-1061

**Location:** Albany Avenue School  
101 N. Albany Avenue  
N. Massapequa, NY

**Pre-registration pickup:** Friday, March 30, 2012, 6PM-8PM  
or morning of, 7:15AM-8:15AM  
@ Albany Avenue School

**Course:** 5K (3.1 mile) flat course  
Fun Run

**5K Awards:** Top 3 M/F Overall, Top 3 M/F: 12& under, 13-18,  
19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70+

**Entry Fee:**

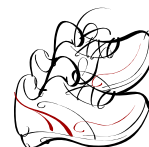
**5K:** \$20 pre-entry, \$25 day of race  
(t-shirt included for all preregistered  
5k runners)

**Directions:** From Southern State Parkway: Exit 30N,  
Turn right at firehouse onto Albany Avenue

**Fun Run:** \$5 pre-entry, \$7 day of race  
(all runners will receive a ribbon)

**Timing & Results:**  
Finish Line Road Race Technicians

Register online @  
[www.active.com](http://www.active.com)



Each Participant must fill out and sign a separate application. Photocopies are acceptable. No application will be accepted without check or signature.

**Mail to: Albany Avenue 5k, 101 N. Albany Avenue, N. Massapequa, NY 11758. Make check payable to: Albany Avenue PTA**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Sex:** M F **Date of Birth:** \_\_\_\_\_ **Age (on day of race):** \_\_\_\_\_ **T- Shirt size:** \_\_\_\_\_ **5k or Fun Run**

In consideration of your accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs executors, and administrators, waive and release any and all rights and for damages I may have against the Albany Avenue PTA, Albany Avenue School and all race sponsors, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit, and have sufficiently trained for the competition of this 5k (3.1 mile) run, that I am aware of the considerable risks in competing in such an event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any pictures, or any other record of this event for any purpose whatsoever. If signed by a parent, the parent agrees to release and hold the above organizations and persons harmless of any claims and/or rights which may be asserted on behalf of the entrant.

**Signature:** \_\_\_\_\_ **Parent Signature (if under 18 years old)** \_\_\_\_\_