



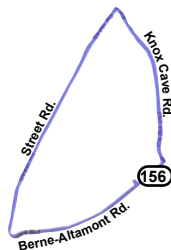
9TH ANNUAL SAP RUN 5K

SATURDAY

MARCH 21
2020

WALK OR RUN

START TIME - 10 AM



View 5K map at
www.SapRun5K.org

FREE
T-SHIRT

KNOX TOWN HALL

2192 Berne-Altamont Road (NY 156)
Town of Knox, NY
(use Altamont, NY 12009 for some GPS)

Mail in registration deadlines:

Postmarked by February 28 \$18; Age 70 and up \$12

Postmarked after February 28 or
pay on Race Day \$25; Age 70 and up \$20

HELDERBERG HILLTOWNS ASSOCIATION 9TH ANNUAL SAP RUN 5K REGISTRATION FORM

Please send signed form and donation to: **Helderberg Hilltowns Association** PO Box 59 Knox, NY 12107

Email _____

PLEASE PRINT

One person per registration form

Name _____

Circle one: Run Walk

Address _____

T-shirt size: Adult: S M L XL XXL

City _____ ST _____ ZIP _____

Youth: XS S M L

Age _____ Sex _____ Phone # _____ Emergency Phone # during race _____

Please note: T-shirt size and this year's color are guaranteed only for registrations received by February 28. We'll do our best to fulfill desired sizes and this year's color for registrations received after that date, but we may substitute another size or color depending upon availability.

WAIVER: I am physically fit to participate in this event. I am participating in this event with the knowledge of the potential hazards involved and hereby agree to accept all risks of injury. I agree that my assignees, heirs, distributes, guardians and other legal representatives willnot make a claim against, or sue for injury or damage resulting from the negligence or other acts, howsoever caused, by an agent or volunteer of the organization as a result of my participation in this event. I hereby release the Town of Knox, Albany County, the Helderberg Hilltowns Association and its officers, and all event volunteers and officials from all actions, claims or demands that I, my assignees, heirs, guardians, and legal representatives now have or may hereafter have for injury resulting from my participation in this event. By signing this waiver, I also acknowledge that any photos or video taken at the event may be used for promotional purposes by Helderberg Hilltowns Association, and may appear on Facebook, the HHA website, HHA e-Newsletter or in the Altamont Enterprise. If you do not wish your photo used, you may opt out of this portion of the waiver by writing "NO PHOTO" after signature below.

Signature _____ (if under 18 Parent/Guardian must sign)

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