



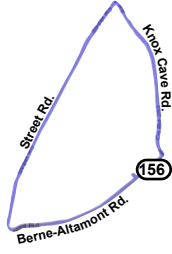
"AFTER THE SAP" RUN 5K

SATURDAY
MAY 14

WALK OR RUN

2022

START TIME - 9 AM



View 5K map at
www.SapRun5K.org

**FREE
T-SHIRT**

REGISTER ONLINE

Go to www.SapRun5K.org
click link to register at Active.com



KNOX TOWN HALL

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

REGISTER BY MAIL

Fill out and mail form below with donation

Mail in registration deadlines:

Registration postmarked by April 30 \$13
Age 70 and up \$8

This year only discount!

Registration postmarked April 30 - May 7
or pay on Race Day \$20
Age 70 and up \$15

AWARDS

Runners only

Top Male and Female Finisher
Top 3 Male & Female in each age group
12 & under, 13-16, 17-19, 20-29, 30-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

**YOU MUST BE PRESENT AT AWARD CEREMONY
TO RECEIVE YOUR AWARD**

**TO ENSURE WE HAVE YOUR REGISTRATION ON RACE DAY
DO NOT MAIL AFTER MAY 7**

Need more info? See SapRun5K.org for details
or contact HHAPublicity@gmail.com (518) 368-8055

HELDERBERG HILLTOWNS ASSOCIATION "AFTER THE SAP" RUN 5K 2022 REGISTRATION FORM

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

One person per registration form

PLEASE PRINT

Email _____

Run Walk

Name _____

Address _____

City _____ ST _____ ZIP _____

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

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 will not 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)