

Add a **TRIPLE CHALLENGE** to your 5K schedule this spring!



Rotary's "Run For
The Roses" 5K
May 3, 2014

Mountain Valley
Hospice 5K
May 18, 2014

Lexington
5K
June 7, 2014

THREE RACES • THREE CAUSES • ONE CHAMPION

1st Prize \$200

2nd Prize \$150

3rd Prize \$100

Cash prizes will be awarded to Triple Crown winners (Male/Female) in the following age groups:
20-39; 40-59; 60+ (19 and under age group winners will receive Scholarships)

Medals will also be awarded in the following age categories: 15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

All Triple Crown entries are automatically entered to win great prizes, including:

- Mountain Bike
- Box Seats For a Day at Saratoga Race Track
- Whitewater Rafting Trip
- 2 Seats at a NY Giants Game
- and more!

Free shirt and goody bag to all registered before April 8th

Register online at:
5ktriplecrown.racewire.com

Or, complete and mail the form on reverse

(To be eligible for the Triple Crown, all entries must be received by 5 p.m. May 1, 2014)

MAY 3: 7:30 a.m. registration / 9 a.m. run, starting from Partner's Pub, 21 S. William St., Johnstown, NY

MAY 18: 9 a.m. registration / 10 a.m. run, starting from FMCC Campus, 2805 St. Hwy. 67, Johnstown, NY

JUNE 7: 8 a.m. registration / 9 a.m. run, starting from Lexington, 465 N. Perry St., Johnstown, NY

(Single race registration for any of the above races is also available at 5ktriplecrown.racewire.com)

Sponsored in part by the Fulton-Montgomery Regional Chamber of Commerce

5K Triple Crown Runner Registration Form

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(Single race registration for any of the above races is also available at 5ktriplecrown.racewire.com)

Registration Fees:

\$50 per participant
(until April 8)

\$60 per participant
(April 8 to May 1)

(Entries must be received by
April 8 to be guaranteed a shirt)

Prizes:

1st Prize \$200 2nd Prize \$150 3rd Prize \$100

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Online Registration: www.5ktriplecrown.racewire.com

Or, Mail form and payment to:

Glove Cities Rotary Club, P.O. Box 964, Gloversville, NY 12078

(Checks payable to Glove Cities Rotary Club)

Or, Fax form to Race Director before 5 p.m. Thursday May 1: (518) 762-4953

For more information, please call Race Coordinator Todd Byrns, (518) 598-7901, or email: todd@5ktriplecrown.com

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ - _____ Cell Phone: (_____) _____ - _____

Email Address: _____

Age (on May 3, 2014): _____ Male Female Please circle t-shirt size: YM YL S M L XL 2X

Emergency Contact Name: _____ Phone: (_____) _____ - _____

*By signing below, I accept
and understand the terms of the waiver/release*

Signature of Runner: _____

Parent/Guardian if under 18: _____



Waiver/Release: I assume all risks associated with participation in this event including, but not limited to falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known my me. Having read this waiver and knowing the facts and in consideration of you accepting my entry, I, for myself and anyone else acting on my behalf, waive and release and indemnify the Glove Cities Rotary Club, Partner's Pub, Mountain Valley Hospice, Lexington, Frontier Communications, volunteers and officials, from all claims and liabilities of any kind arising out of my participation in this event and/or related activities of any nature, even though such liability may arise out of negligence or carelessness on the part of any of the persons named in this waiver. I attest to be in proper physical condition to participate in this event. I hereby grant full permission to use my name and my photographs, videotape, or other record of this event for any purpose.