

# 5th Annual Albany Rowing Center

## Ice Breaker Challenge

### 5K Run/Walk to benefit the Albany Rowing Center

Runners & Walkers will travel along the Hudson River on the Corning Preserve and race against rowers on the river.

**Saturday March 28, 2015 9:00 AM**

**Location:** Corning Preserve, ARC Boathouse Parking Lot

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

**Entry Fee:** \$20 (post marked by March 23, 2015) and \$25 till race day

**Awards:** First 3 Overall finishers (Male and Female)

**T-Shirts:** Guaranteed first 450 registered

**Packet pick up:**

Friday March 27, 2015 4-6 PM @ Albany Pump Station, Quackenbush Square

Day of race: Registration and pick up begin at 7:30 AM at the Albany Rowing Center Boathouse

**Limited to 500 runners-Please no strollers or dogs for safety reasons**

**Information:**

Kathy Johnston c/o Albany Rowing Center, PO Box 857

Albany, NY 12201-0857

[www.albanyrowingcenter.org](http://www.albanyrowingcenter.org) or (518) 439-9964

Sanctioned by USATF



## Registration Form

**Mail in Deadline March 23, 2015 - Register at Active.com thru March 25, 2015**

Mail Form & Non-Refundable Payment to: Albany Rowing Center, PO Box 857, Albany, NY 12201-0857

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

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ e-mail \_\_\_\_\_@\_\_\_\_\_

Release: In consideration of the acceptance of my entry I on behalf of 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 aide 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

**I cannot attend but would like to make a donation of: \$** \_\_\_\_\_

Official Use Only: B# \_\_\_\_\_ Date Received: \_\_\_\_\_ Amount Paid \_\_\_\_\_