



**2ND ANNUAL  
 SPRING HAS SPRUNG 10 MILE RUN  
 5K RUN • 1 MILE KIDS RUN • 3K WALK  
 Sunday, May 17 • Events begin at 8:30am  
 Register at [www.FinishRight.com](http://www.FinishRight.com)**

The Southern Saratoga YMCA's 5K and 10 mile run start simultaneously at 9:00 am and end at the SSY. The 5K race will take you through some of Clifton Park's residential neighborhoods. The race is a smooth enjoyable run with very few inclines. The 10 mile course is flat and fast and is on town bike trails and neighborhood streets. A "PR" course!

To celebrate the arrival of Spring, all participants will receive a packet of seeds. The first 100 registrants for the 10 mile run receive a long-sleeved shirt. All 5K runners receive a tee-shirt.



**WHEN:** Sunday, May 17, 2015  
**WHERE:** Southern Saratoga YMCA  
**TIME:** 8:30am  
**ENTRY FEE:** **Pre-registration**  
 \$30 10 Mile Run  
 \$20 5K Run  
 \$10 3K Walk  
 FREE 1 mile Kids Run  
**Day of Registration**  
 \$35 10 Mile Run  
 \$25 5K Run  
 \$10 3K Walk  
 FREE 1 mile Kids Run

Mail Registration and Payment to: **Capital District YMCA**  
 465 New Karner Road  
 Albany, NY 12205

**REGISTRATION**

First Name  Last Name

Date of Birth  Email Address

Billing Address

City

Phone  Gender  Shirt Size  10 Mile  5K Run  3K Walk  Kids Run

I hereby release the Capital District YMCA and all municipal agencies whose property and /or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2015 Capital District YMCA Healthy Community Series. In addition, I permit the use of my/his/her photo in brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Participant Signature \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_