



Participating sponsors:

Albany Running Exchange

Guilderland Youth Soccer

Guilderland United Soccer

Hudson Mohawk Road Runners Club
(HMRRC)

Pine Bush Babe Ruth

Pine Bush Girls Softball

Pine Bush Little League

Pop Warner Football & Cheer

Guilderland LaCrosse

**PLEASE HELP SUPPORT
OUR GUILDERLAND
HIGH SCHOOL ATHLETIC
TEAMS!**

I know that running/walking a road race is a potentially hazardous activity. I assume all risks associated with running in the event included but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Guilderland Central School District, Guilderland Indoor Track Booster Club, and Albany Running Exchange from all claims and liabilities of any kind arising out of participation by me, or any of my minor children, in this event.

Waiver:

Race Applicant Signature _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Entry Fee: \$20:00

(Includes admission to BBQ)

Please make checks payable to Friends of Guilderland Athletics, P.O. Box 82, Altamont, NY 12009

Friends of Guilderland Athletics Family Fun Night & BBQ

Tuesday July 20, 2010
@ Guilderland High
School
4:00 – 10:00 PM



Run Your Shirt Off For GHS Sports 5K Road Run/ 2 Mile Fun Walk on the GHS Track

Name: _____ Age on 7/20/10: _____ Gender M F _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____



Family Fun Night & 5K Run/2 Mile Fun Walk

WE NEED YOUR HELP TO SUPPORT GUILDERLAND ATHLETICS!

Friends of Guilderland Athletics are hosting a family fun night/BBQ, with games, contests & a 5K Road Run & 2 mile Fun Walk on the track on Tuesday, July 20, 2010 from 4:00 to 10:00 PM. This will help raise money to reinstate GHS freshman sports as well as fall football cheerleading and indoor track & field, programs which have been cut from the 2010/2011 budget.

There will be games, food, raffles and entertainment. Come & enjoy the fun and support Guilderland Athletics!

GAMES & CONTESTS

- Dunk Tank
- Punt, Pass & Kick Contest
- Soccer Shoot Out
- Radar Gun Pitching Contest
- Rock Paper Scissors Contest
- Tennis Ball Toss
- Tug of War
- Face Painting & 50/50
- 5K Road Race/2 Mile Fun Walk



ADMITTANCE

\$2.00 Donation Per Person

5K ROAD RACE/2 mile FUN WALK on the Track @ 6:30 PM from Guilderland High School: \$20.00 (Includes Admittance to Event)

“Run Your Shirt Off for GHS Athletics 5K” – Bring a sports t-shirt & swap it for another!

