

10th Annual Albany Rowing Center Ice Breaker Challenge

5K Run/Walk to benefit the Albany Rowing Center

Participants will run/walk out and back along the Corning Preserve Bicycle Path while rowers from the Albany Rowing Center will race alongside on the Hudson River

Saturday March 28, 2020 10:00 AM

Free One-half Mile Kids Run (10 and Under) at 9:30 AM.

Location: Corning Preserve Boat Ramp, ARC Boathouse Parking Lot

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

Entry Fee: \$25 by January 31, 2020

\$30 by March 26, 2020

\$35 Day of Race

Awards: First Male/Female by Age Group

T-Shirts: Tech shirts guaranteed to first 300 registered

Packet pick up:

Friday March 27, 2020, 4-6 PM @ Albany Pump Station, Quackenbush Square

Day of race: Registration and pick up begin at 8:00 AM at the Albany Rowing Center Boathouse

Please, no strollers or dogs on the course during the race for safety reasons.

Information:

Karen Lesperance c/o Albany Rowing Center, PO Box 857

Albany, NY 12201-0857

www.albanyrowingcenter.org icebreaker@albanyrowingcenter.org

On-Line registration: www.runsignup.com



Registration Form

Mail to: Albany Rowing Center, PO Box 857 Albany, NY 12201-0857

Check payable to Albany Rowing Center (Memo: Ice Breaker)

Name: _____ Phone # _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age: _____ Sex: M/F : 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 _____