**14th Annual**

**Spring RUN-OFF**

**To Benefit St. John’s/St. Ann’s Outreach Center**

*Co-sponsored by the City of Albany, Mayor Kathy Sheehan*

Date: **Saturday, April 29, 2017**

Location: **Albany’s Hudson River Way Amphitheater**

Time: **10K and 5k both at..........................................9:00A.M.**

**T-Shirts** Free and guaranteed to the first entrants registered before APRIL 1st.

**Awards**

Awards will be given to the top

three male & female finishers in the

5K and 10K race as well as winners

in each age division for the 5K and 10 K.

**Registration Fee is $20.00**

**Checks to be made out to St.John's/St.Ann's Outreach Center**

**Benefits**

St. John’s/St. Ann’s Outreach Center.

***RReegistrationace results will be posted at***

[**www.springrunoff.**](http://www.springrunoff.com/)**org**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_\_ Male \_ Female\_\_

Address \_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_ Zip\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Event 10K 5K

**Phantom Runner:** Interested in supporting the Outreach Center,

but unable to make it on race day? **Register as a phantom runner.**

Phantom Runner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle **Unisex** Shirt Size:\_ **Adult S M L XL**

Attending Friday Night Packet Pick-up Pasta Party? Yes No Bringing a guest

Amount Enclosed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby, for myself, my heir, executors and administrators, waive and release any rights and claims for damages I may have against the organizers and

sponsors and the agents for any injuries suffered by me from or out of my participation. I also confirm that I am physically fit and that my condition has

been verified by a physician. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby. I understand

that no dogs, skates or bikes are allowed during any of these events. I also understand photos taken at the race may be used in any promotional materials,

posters, pamphlets or on the official Spring Run-Off website.

SIGNATURE: \_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PARENT SIGNATURE (if under 18):\_\_\_\_\_\_\_

**Mail Entry Form with Enclosed Fee To:**

ST.John's/St.Ann's Center

c/o ARE Event Productions

PO Box 38195

Albany, N.Y.12203

**Packet Pick-up 4:30-7:00**

**& Pasta Dinner 5-7PM**

Friday, April 29— *Pick up*

*your race packet and T-shirt, and join us for a free*

*pre-race pasta dinner (sponsored by D’Raymonds*

*Restaurant) on the night before the race. Each*

*registered runner can reserve 2 spots by checking*

*the appropriate boxes on the entry form.*

**St. John’s/St. Ann’s Center**

**88 Fourth Avenue, Albany, NY.**

**Information 518-472-9091x14**

**Application Available At**

[**www.springrunoff.org**](http://www.springrunoff.org/)

or

[**www.zippyreg.com**](http://www.zippyreg.com/)

**Course**

Albany’s Hudson River Way