

Robert C. Parker School • 4254 Route 43 • North Greenbush

# PARKER 5K TRAIL RUN

## & KIDS ¼ MILE FUN RUN

### Saturday, April 2, 2011

#### 5K TRAIL RUN

10am Start Time

\$15 by 3/28 or \$20 Day of Race

Technical Tees to the first 100 registered

#### KIDS ¼ MILE FUN RUN

11am Start Time

Free; small prizes to participants

Day of Race Registration Only



### Free Childcare

Childcare offered for children ages 3-9. Children must be pre-registered. To register, please email your name and the name and age of the child to [Parker5kRun@gmail.com](mailto:Parker5kRun@gmail.com).

Childcare is only available to registered runners.

Technical T-Shirts for the first 100 runners

Post-Race Refreshments and Awards

Free Online Registration

[www.albanyrunningexchange.org](http://www.albanyrunningexchange.org)

Located just 5 minutes from Exit 8 off I-90

For directions and additional information please visit

[parkerschool.org](http://parkerschool.org)

Mail to: Parker 5k, c/o AREEP, PO Box 38195, Albany, NY 12203 with checks made out to "Robert C. Parker School"

Name \_\_\_\_\_

DOB \_\_\_\_\_

\_\_\_ Male \_\_\_ Female

Street Address \_\_\_\_\_

Age on 4/2/11 \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Robert C. Parker School, Albany Running Exchange Event Productions (AREEP), or any person involved in this event. I fully understand that I, or the person I am responsible for, will be subjected to trails/conditions that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for Robert C. Parker school to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

Signature \_\_\_\_\_

Shirt Size: S M L XL

Parental Signature (under 18) \_\_\_\_\_

Date \_\_\_\_\_