

REGISTRATION	FEE	TIME
1 Mile Fun Run/Walk	Free	5:00
5K Run	\$17 (before 9/24) \$5 (Watervliet student) \$5 (active military) \$25 (family package-2 or more from same family) \$25 (WHS team fee)	6:00
Family Festivities		6:00-9:00
Awards Ceremony		7:45
Race day registration	\$20	3:00-5:45

Mail fee & application to: **Watervliet City Hall, Recreation Department, 2 15th Street, Watervliet, NY 12189.**

Make checks payable to: **Arsenal City Run**

Name _____

Address _____

City/Town _____ State _____ Zip _____

Emergency Contact _____

Phone _____ Email Address _____

Age ___ Male Female T-Shirt: Sm Med Lg XL

Race Fun Run/Walk 5K USATF 5K Masters Champ
USATF Membership # _____ USATF Team _____

Please read and sign: In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I might have against the Watervliet Recreation Department, City of Watervliet, County of Albany, and any officials or promoters of the race, USA Track & Field Adirondack Association, their representatives, assessors, and assigns for all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor. I also acknowledge there will be a \$70.00 charge for lost or unreturned chips.

Signature _____ Date _____

Parent/Guardian (if under age 18) _____

CITY OF WATERVLIED
RECREATION DEPARTMENT
2 15TH STREET
WATERVLIED, NY 12189

29th Annual Watervliet Arsenal City Run & Community Night

2010



Friday, September 24th

Fun Run/Walk 5:30 p.m.
5K 6:00 p.m.

RACE APPLICATION





Dear Patrons, Sponsors & Volunteers:

As Mayor of Watervliet, I'd like to thank you for participating in the 29th Annual Arsenal City Run.

Based on last year's success, we brought back the Endurance Program. Participants have been training since July and most will be running a 5K for the first time. CDPHP was kind enough to sponsor this program for us, and I'm happy to be able to offer this kind of a fitness opportunity for our residents.

The post-race festivities will again take place at the DOME from 6:00-9:00 p.m. This includes \$1.00 menu food vendors, complimentary beer, bouncy bounce, live music, awards and activities for all ages. This year we are fortunate to have the Arsenal Business & Technology Partnership as the title sponsor for the race. In addition, many previous sponsors have generously shown their support.

We are privileged to be designated as the USA Track & Field Adirondack Association Masters 5K Men's and Women's Road Race Championship, and we are graciously awarding \$1,500 to USATF Adirondack Association Masters Athletes.

I hope you enjoy your evening with us!

Michael P. Manning
Mayor

City of Watervliet Holiday Adopt-A-Family

Due to the generosity of our sponsors and participants, we will be able to donate a portion of the proceeds from the race to this worthy cause. Programs like these take a lot of time and organization, but the end result is rewarding and brings happiness and satisfaction to all involved. Thank you for your support!

*New England Runner Magazine's Jan./
Feb. 2009 issue named the Watervliet
Arsenal City Run... One of New
York's 50 finest runs*

Registration - Register online by going to www.active.com, by mail (must be received by 9/22), in person at Watervliet City Hall, Room 3, M-F between 8:00-4:00 or the day of the race between 3:00-5:45.

Packet Pick up will on the day of the race.

Shirts - Early registration will assure accurate sizes. Day of race registration may not include shirt distribution.

Age Group for Males & Females

12 & under	30 to 34	45 to 49	60 to 64
13 to 19	35 to 39	50 to 54	65 to 69
20 to 24	40 to 44	55 to 59	70+
25 to 29			

Awards

Arsenal City Run - Awards will be presented around 7:30 p.m. Medals will be presented to the winners according to the age groups listed above. Medals will also be awarded to the Watervliet resident finishing first in each category.



(Masters) Championship: Men and women (40 yrs. or older); individual awards for 1st, 2nd, and 3rd places in five (5) year age groups beginning at 40. Team awards: scoring members of 1st, 2nd and 3rd place Masters teams receive medals. Team application forms available at USATFadir.org. \$1,500 cash prizes accordingly for Masters USATF Adirondack Assoc. men and women. ***The Arsenal City Run is part of the 2010 USATF Grand Prix Series* USATF membership is needed to be part of Grand Prix scoring.**

Eligibility - The Arsenal City Run is open to every age group. The USATF participants must be 16 years of age (males)/14 years of age (females) or older on the day of completion with a valid USATF card issued by USA Track & Field. To join USATF as an individual athlete or membership club, go to usatfadir.org or call 273-5552.

POST-RACE FESTIVITIES will take place at the "DOME" (corner of 2nd Ave. and 13th St.). This includes live music, awards ceremony, \$1 menu food vendors, complimentary beer, bouncy bounce and much more.

ENDURANCE PROGRAM-Be sure to cheer on our endurance program members. Each participant spent 12 weeks training with their goal being to run in the Arsenal City Run. You won't be able to miss them in their exclusive colored t-shirts.

For questions or additional information, please call 270-3815.

SPONSORS

Title Sponsor



Media Sponsors: **THE RECORD**
FLY 92.3 FM

Endurance Program

Sponsor

CDPHP

Sponsors:

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GRAMERCY COMMUNICATIONS
GREEN ISLAND CONTRACTING
GREENWOOD CONTRACTING
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HART ALARM SYSTEMS
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