

REGISTRATION	FEE	TIME
1 Mile Fun Run/Walk	Free	5:00
5K Run	\$17 (before 9/26) \$20 (day of race) \$5 (active military)	6:00
Race day registration	\$20	3:00-5:45
Family Festivities		5:00-???
Awards Ceremony		7:45

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* _____

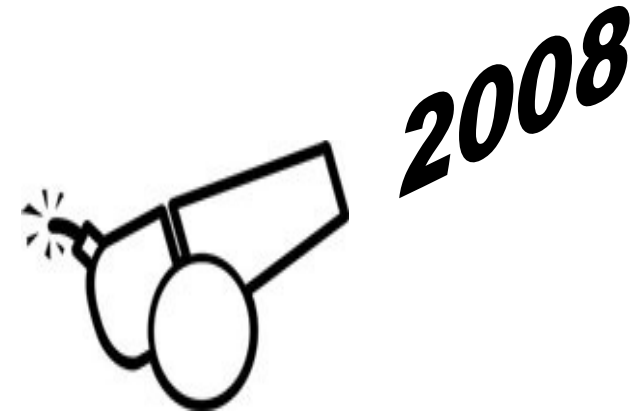
Please read and sign: In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I might have against the Watervliet Recreation Department, 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

27th Annual Watervliet Arsenal City Run & Community Night



To Benefit Watervliet's
 Adopt-A-Family Program

Friday, September 26th

Fun Run/Walk 5:00 p.m.
(for ages 1 to 100)

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 27th Annual Arsenal City Run.

This year we formed a race committee made up of city residents and employees, and it was decided to make extensive changes to the race. We've moved it from a Sunday morning to a Friday evening hoping to attract more participants; and at the same time, offering a fun night out for the whole family. At the completion of the race, we'll have food, drink, live music, and activities for all ages. In addition, we also aggressively sought out sponsors to help benefit the City's Adopt-a-Family holiday program.

Once again, 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! If you have comments or suggestions regarding the race, please don't hesitate to call my office at 270-3815 or stop by to see me!

Sincerely,

Michael P. Manning
Mayor

City of Watervliet Adopt-A-Family

Each year the Watervliet City School District and the Watervliet Housing Authority, along with many Watervliet businesses, the Police, Fire and CSEA unions, organizations, churches, families and individuals work hard to lift some of the financial burden of the holiday season for many residents. Every year the need seems to grow; and this year will be no different.

Due to the generosity of our sponsors and participants, we will be able to donate 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!

Registration - Register online by going to www.active.com, by mail (must be postmarked 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 be the week of September 22nd on the second floor of City Hall from 8:00-4:00.

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

Age Group for Males & Females

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

Awards

Arsenal City Run - Awards will be presented at approximately 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 applications 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 2008 USATF Grand Prix Series***

Eligibility – The Arsenal City Run is open to every age group. The USATF participants must be 16 years of age or older on the day of completion with a valid USATF card issued by USA Track & Field. For information on joining USATF as an individual athlete or membership club go to usatfadir.org or call 273-5552 ext. 203.

JUST FOR FUN

We're having a vintage Arsenal City Run t-shirt contest. Dig out the oldest Arsenal City Run t-shirt you have and wear it to the race. The participant with the oldest version, wins a prize!

SPONSORS

Underwriters: **TED'S FISH FRY**

Benefactors: **BONDED CONCRETE
CAPITAL DISTRICT PHYSICIAN'S
HEALTH PLAN
CLICKNER SECURITY, INC.
CLOUGH, HARBOUR &
ASSOCIATES
HIGHLAND TANK OF NEW YORK
INSURANCE DESIGN
KIDS COUNT!**

Sponsors: **Albany Engineering Corporation
Bob's Diner
Capitaland Electric
First Niagara Bank
Gilhooley Designs
Hacker & Murphy
Harmony House Marketplace
Hart Alarm Systems
Yorden Huban, Esq.
Konicek & Collett Funeral Home
MFCS
The Moore Insurance Agency
NAVCO Window & Door Co.
Pioneer Savings
Schuyler Bakery, Inc.
Stone Management
Streck's, Inc.
Total Facility Solutions, Inc.
Upstate Cellular
Watervliet Elks Club
Zewek's Auto Sales**