



30th Annual
GOBLIN GALLOP
5 K Run / Walk



Saturday, October 28th, 2023, 9:30 a.m.

Abraham Wing School, Glens Falls, NY

ENTRANCE FEES: \$27.- Registration (Adirondack runners \$24) Race Day \$30.

REGISTRATION: Online at Zippyreg.com or Adirondackrunners.org
& Race day 8:00 - 9:00 at Abraham Wing School,
PACKET PICK-UP 120 Lawrence St., Glens Falls, NY 12801

COMMERATIVE SWAG (Running Belt Bag): - First 150 Entrants.

INFORMATION: **Race Directors:** Lee & Linda Pollock (518) 796-2913 (cell)
Email: leepollock@roadrunner.com Website: www.adirondackrunners.org

TO BENEFIT: Adirondack Runners and Nepal Village Schools

AWARDS: Over All and Age Groups – Male and Female – available at finish

***** Free Halloween Hop Kids Fun Run for Ages 12 and under *****
1k (.6 mi.) - Immediately following the 5k (est. 10:30 am) - Treat bag to all finishers. (No Belt Bags)

Goblin Gallop 2023

LAST NAME FIRST

ADDRESS PHONE

CITY STATE/PROVINCE ZIP/POSTAL CODE

EMAIL

Date of Birth AGE(Race Day) SEX(M/F) 5k Run/Walk Free Kids Run* No online



In consideration of the opportunity to participate in this race I hereby release and forever discharge the sponsoring agents, their members & any other persons staffing this race in any claims, costs & demands as a result of participating in this event. I also certify that I am in good physical shape for the event. Further, I here by grant full permission to any and all the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purposes. I realize there are dangers associated with running, including but limited to street conditions, weather and traffic. I hereby for myself, heirs, executors, or assigns waive & release any and all claims I may have against Road Runners of America, sponsors, Abraham Wing School District, City of Glens Falls, Adirondack Runners, its officers and any race official for any injury, illness or property loss which might occur to me while competing in, traveling to, or returning from the events on October 28, 2023.

ENTRY \$ _____

ADDITIONAL DONATION \$ _____

AMOUNT ENCLOSED \$ _____

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SIGNATURE _____ DATE _____

SIGNATURE OF PARENT (if under 18) _____

Make Checks Payable To: THE ADIRONDACK RUNNERS
Mail Entries To: Adirondack Runners, 40 Willow Road, Queensbury, NY 12804