

# Falling Leaves 5K Run & Kids' Fun Run

13<sup>th</sup> Annual - Saturday, October 12, 2019

10 a.m. 5K Run 10:45 a.m. Kids Fun Run

**Benefits:** Veterans and Community Housing Coalition (VCHC)

Vet House and Guardian House for male and female homeless Veterans

**Location:** William S. Kelley Park on Ralph St. in the Village of Ballston Spa.

Take Saratoga Ave (at JJ's Snack Bar) off Route 50 to Ralph St.

**Packet Pick-up & Late Registration** - Starting at 8:30 am

**Awards:** Male and female overall. Top 3 male & female in each age division (no duplicates).  
Age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70 +.  
Finishing ribbons for Kids Fun Run

**Entry Fee:** 5K Run- **\$25 pre-registered** (received by 10/09/19) **\$30 day of race**  
Kids (10 & under) Fun Run- a ½ mile course within Kelley Park -FREE (no registration required)  
Checks payable to "Ballston Spa United Methodist Church"

**Long sleeved Moisture Wicking shirt** - guaranteed to the first 200 entries.

**Mail Entries:** Please mail application and entry fee (must be **received** by 10/09/2019) to  
**Falling Leaves 5K BSUMC 101 Milton Avenue Ballston Spa, NY 12020**

Email questions to [umcfallingleaves5k@gmail.com](mailto:umcfallingleaves5k@gmail.com) or call 518-885-6886

Please mail the fill-in form only.



The course goes up to Malta Ave to Hyde Blvd, then loops back around past Kelley Park out Saratoga Avenue and finishes in Kelley Park

*Delicious, after race, baked goods!*

**Opportunity to win a certificate to one of our fabulous local businesses**

**Thanks to our sponsors: D.A. Collins, (including Jointa Galusha, LLC and Palette Stone),**

LaMarco Physical Therapy, P.C., Saratoga Organics & Hydroponic Supply, Edward Jones (Ballston Spa & Saratoga Springs), Armer Funeral Home, Ballston Carpet and Tile, Ballston Spa National Bank, E.Stewart Jones Hacker Murphy LLP, Henry's Tavern, Joyce Garlock – Coldwell Banker, Pizza Works, Rainbow International Restoration, Recovery Sports Grill, T-Shirt Graphics, Agway of Ballston Spa, Alexander BlueLine, Allerdice Building Supply, Augie's Family Style Italian Restaurant, Baker's Auto Service, Ballston Spa Country Club, Front Street Deli, Harold R Clune, Inc., The Iron Roost, Lance Evans Memorials, Malta Animal Hospital, Mangino Chevrolet Buick GMC, Mayfair Jewelers, Next Door Kitchen & Bar, O'Brien Pharmacy, RuthCaswell.Arbonne.com & Wilson Property Maintenance.

**All registered 5k participants have the opportunity to win gift cards donated by local businesses!**

Some of last year's giveaways included: (Fleet Feet, Curtis Lumber, Gore Mountain, Lake Ridge Restaurant, Ballston Spa Country Club, Henry's on the Green, Anna's Flowers, MyGym, Corina Jewelry & Fine Crafts, Inspirational Touch Massage Therapy, Double M Haunted Hayride, 13 North Restaurant, Dunning Street Station Bar & Grill, Daisy's Dry Goods, Beverly's Restaurant, Pizza Etc., A Bead Just So, Route 50 Diner, Bella Nani Salon & Spa, Kilaarts, the Village Bqrber, Cusato's Pizza, Sanders Meat Market, Price Chopper, Target, and more)

**Drawing held after the Kids' Fun Run (must be present to win).**

Last year local businesses donated **\$1,550** in gift cards!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Age (on 10/12/2019) \_\_\_\_\_ Birthdate: \_\_\_\_\_ Email: \_\_\_\_\_

**Guarantee your size by registering by 9/27/2019**

XS	S	M	L	XL
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Gender:  M  F

T-Shirt Size (Adult):

I understand that running a race is a potentially dangerous activity. I should not enter unless I am medically able and trained. I assume all risks associated with running this race, including falls, contacts with participants, the effects of weather, and the conditions of the road and traffic. All these risks are known and understood by me. Having read this and knowing these facts and in consideration of entering, I for myself and anyone entitled to act upon my behalf, release the organizers of this race from all claims or liabilities of any kind arising out of my participation in the event. No refunds issued.

signature

parent signature (if under 18 years of age)

Additional applications and online registration at: [www.ballstonspaumchurch.org/falling-leaves-5k-run.html](http://www.ballstonspaumchurch.org/falling-leaves-5k-run.html)

