



# Harrison Freer Rotary Community 5K Run/Walk - 2026

Course: Flat and fast - 3.1 miles

**Saturday, April 18<sup>th</sup>**  
 Start Time: 9:30 AM  
 Check-In/Registration:  
 8:00 - 9:15 AM  
 The Student Center at  
 SUNY Adirondack

	Advanced Registration	Race Day Registration
<b>ADULT</b>	<b>\$30</b>	<b>\$35</b>
<b>YOUTH</b> Ages 12 & Under	<b>\$20</b>	<b>\$25</b>

Scan to register  
 individuals or visit:  
[www.runsignup.com](http://www.runsignup.com)



**Commemorative T-shirt free to all entrants before 3/26**

**THIS YEAR'S BENEFICIARIES:**  
**Open Door Mission      Comfort Food Community Pantry**  
**Haynes House of Hope**

All team members must be individually registered by 8:30 AM Race Day. Team Captain is responsible for providing team member names by mail to race registration address, by email to 'Lee Pollock' <[aleepollock@gmail.com](mailto:aleepollock@gmail.com)> by April 16, 2026, or to the team registration desk by 8:45AM Race Day.

**TEAM ENTRY FORM**

Team Type:  
 FEMALE \_\_\_\_\_ MALE \_\_\_\_\_ MIXED (3F/2M) \_\_\_\_\_ MIXED (2F/3M) \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ TEAM CAPTAIN: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ EMAIL \_\_\_\_\_

NAME OF CORPORATION / ORGANIZATION : \_\_\_\_\_

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

4.) \_\_\_\_\_

5.) \_\_\_\_\_