

# Dodge the Deer 5k & Mile Fun Run

The 8th Edition  
**Saturday, April 17, 2010**      **Schodack Island State Park**

Part of the Albany Running Exchange Grand Prix Trail Series

Chip Timing by ARE Event Productions!

### WHAT YOU NEED TO KNOW

Now in its 8th year, this cult classic features the collision of the Albany Running Exchange's zeal for energetic family-friendly races merged with their lust for over-the-top grandiose experiments in social phenomena. The event, named after a deer named Dodge who you will also have to *dodge* at the finish, takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully.

Be on the look-out for Bully's buddies who are looking to steal Chase away from her true love in the ultimate battle between good and evil. Also, be sure to come hungry because we have an all-you-can-eat barbeque after the race that can fill up anyone.



### AWARDS

Delicious treats await the top 3 overall male and female finishers, as well as the top 3 males and females in: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



We will also award the fastest male, female and co-ed teams. For team applications, please visit the event website.

### SPECIAL CATEGORIES

*Youngest and Oldest Finishers*  
*Middle of the Pack - Enjoys the Scenery*  
*Mr. and Mrs. Dodge (Fastest Couple)*



### AMENITIES

The first 400 entrants in the 5k are guaranteed commemorative flip-flops with the Dodge the Deer logo as seen as on the shirts, mugs, socks, and more! Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and arts and crafts activities! There is a cook-out afterwards as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

- ☀️ FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+
- ☀️ CHIP TIMING BY ARE EVENT PRODUCTIONS
- ☀️ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

### EVENT SCHEDULE

- 8:00am: Day-of registration and packet pickup opens
- 9:00am: Deadline to submit a team entry form
- 9:15am: Bully the Bear Kids 200 Meter Sprint
- 9:30am: Chase the Chipmunk Mile Fun Run
- 9:45am: Day-of registration and packet pickup closes
- 10:00am: Dodge the Deer 5k
- 10:15am: Post-race entertainment begins
- 11:00am: Awards Ceremony



**\*We highly encourage you to register online\***  
 There are no additional fees and ARE members receive a discount when registering through the members page.

ENTRY FEE	Kids Races	5k
Early Reg.	\$1	\$15
Late. Reg.	\$2	\$20

Early Registration: Postmarked by April 10  
 Checks made out to: AREEP

### TO REGISTER, GET DIRECTIONS, AND MORE

Visit [www.AREEP.com](http://www.AREEP.com)  
 or call 518 320 8648.



Please complete, cut, and return the bottom portion to AREEP, PO Box 38195, Albany, NY 12203

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NAME _____	____/____/____ BIRTHDAY	AGE (ON 4/17/10) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____	
CITY _____		STATE _____	ZIP _____
PHONE (    ) _____		RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5k	
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____	
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.</small>			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	