

## SCHEDULE OF EVENTS ON September 17, 2017

- 7-8am Last minute registration and packet pick up
- 7-9:30am Last minute kids Munchkin run registration
- 8:20am Start of 15k ONLY
- 830am Start of 5k/10k
- 9:45am Course closes. All runner walker still in progress will be directed to finish on sidewalk
- 10am Start of 12 and under ½ mile Munchkin Run!
- 10:30-11am Awards by Age Groups  
**NEW for 2017- prize money for: Men's/Women's 15K**

### Registration Deadline:

Mail-in: August 25, 2017  
Online Sept. 13, 2017  
In person: Sept. 13 by 4pm

Packet pick is at the Albany JCC's Main  
Entrance of the following dates:

Saturday, September 16, 10am-6pm

Sunday, September 17 7am-8am

\*\*\*Please note: the paper registration forms that were distributed have the incorrect date for Saturday Packet Pick Up. The dates listed above are correct.\*\*\*

### **BABYSITTING**

We will have onsite babysitting for 2 month-10 year olds. Available during the race at \$5 per child. Please call (518) 438-6651 to make your reservation today!

### **BAG DROP**

You can leave your belongings with us during the race and not worry about them. Look for signs for the Indoor Bag Drop the morning of the race.

For the past 37 years, the Albany JCC has organized what has become one of the Capital Region's premier running events - the *Albany JCC/Dunkin' Run*. **The event includes a 5K/10K/15K and children's Fun Run on a USATF certified course. The Run, to be held Sunday, September 17<sup>th</sup> at the Albany JCC, attracts nearly 1,000 runners (beginners and elite), aged 5-100 from throughout the Northeast.**

The Dunkin Run is a vital fundraiser for the Albany JCC, supporting essential programs and services that our children and seniors rely on:

**Camp Courage:** A comprehensive, multi-disciplinary year round program designed to combat childhood obesity and promote lifelong health and wellness for low income children in our urban community

**Seniors:** we bring seniors together, foster socialization and help lessen isolation and loneliness

**Scholarships:** for preschool, summer camps and after school programs

For more information contact Tom Wachunas, Director of Health and Wellness at (518) 438-6651 or [tomw@albanyjcc.org](mailto:tomw@albanyjcc.org)

*Join the Albany JCC's Running Bulldogs Club and train together for Dunkin'!* **place picture**

*For more information, please contact Coach Callee Carpenter at [calleeruns@gmail.com](mailto:calleeruns@gmail.com)*

*We look forward to seeing you there!*