



**HVCC - TEC SMART, 345 Hermes Road, Malta**

Pre-Reg: \$30 until Sept 1st | \$35 after | \$40 day of  
\$20 for ages 12/under & 70+ | \$25 after

1st 750 signed up will receive free Malta5k race cap  
Race begins promptly at 8:30am



# Saturday, Sept. 12

Register: [Malta5k.com](https://Malta5k.com)  
Questions: [info@malta5k.com](mailto:info@malta5k.com)



Presented by:

**ROUNDABOUT  
RUNNERS CLUB**

[www.roundaboutrunnersclub.com](http://www.roundaboutrunnersclub.com)

Proceeds Benefit Town of  
Malta EMS 1st Responders  
and Local Veteran Agencies  
in Honor of 9/11



## PARTICIPANT HANDBOOK

*17th Annual Malta 5K*

**SATURDAY  
SEPTEMBER 12, 2026**

**START TIME  
8:30 AM**

**START / FINISH  
345 HERMES ROAD, MALTA**

# Race Day at a Glance

## MOST IMPORTANT ARRIVAL INFORMATION

All roads in the Luther Forest Technology Campus close between 7:45 and 8:00 AM. Access parking from Dunning Street to Hermes Road only. Do not enter through the Technology Campus. Arrive no later than 8:15 AM.

| TIME          | RACE DAY SCHEDULE                                                                |
|---------------|----------------------------------------------------------------------------------|
| 7:30-8:15 AM  | Race-day packet pick-up at HVCC North, 345 Hermes Road                           |
| 7:45 AM       | Road closures begin; access is available only from Dunning Street to Hermes Road |
| 8:20 AM       | Opening remarks and National Anthem                                              |
| 8:30 AM       | Malta 5K start                                                                   |
| About 8:45 AM | First finishers expected                                                         |
| About 9:30 AM | In-person awards ceremony                                                        |

## Friday Packet Pick-Up

Friday, September 11, 2026, from 2:00 to 6:00 PM at Fleet Feet Malta, 37 Kendall Way, Malta, NY

Please pick up before race day if possible. You may pick up a packet for a friend or family member, only if you show a copy of their government-issued ID or their bib assignment email and provide your name and phone number

## Event Overview

The Malta 5K starts and finishes near HVCC North at 345 Hermes Road in Malta. The relatively flat, USATF-certified course travels out and back on Rocket Drive, continues through the GlobalFoundries campus, and returns downhill on Hermes Road.

Course map: <https://malta5k.com/course-map>

## What You Receive at Packet Pick-Up

- Race bib & safety pins
- Race cap
- Race shirt, only if purchased during registration

Race shirts are not included in the base registration fee. A limited number may be available for \$15 by cash or Venmo. Previous-year shirts may be available for \$10. Size exchanges may be requested after the race, subject to availability.

## About Your Bib

- Wear your bib on the front of your outermost layer and keep it visible throughout the event.
- The timing strip is the thin sticker on the back. Do not bend or modify it.
- Your bib tab may be used for the race-day promotion at Active Ingredient for guests age 21 and older.
- Only the registered participant may wear the assigned bib. Bib transfers are not permitted.

# Getting to the Start

## PLAN YOUR ROUTE

Use Dunning Street to Hermes Road. Do not approach through the Luther Forest Technology Campus after roads close. Follow all directions from the Round Lake Fire Department and event personnel.



### Parking and access area

- Primary parking includes approximately 400 spaces near the event site.
- Additional parking is available at 10 Hermes Road, a short walk from the start.
- Parking will be tight. Arrive early and carpool when possible.

**Parking map:** <https://goo.gl/maps/7WLPB>

## No Gear or Bag Check

There is no gear or bag check. Leave extra clothing and personal items in your vehicle at least five minutes before entering the start area, or give them to someone accompanying you before you enter.

## Water and Bathrooms

- The same on-course water stop is available at approximately miles 1.5 and 2.5.
- Post-race water and refreshments are provided by Hannaford.
- Six portable toilets are available.
- Indoor bathrooms are available in TEC-SMART, the race-day packet pick-up building.

# Course and Safety

### Malta 5K course overview

- The entire route is marked with cones.
- Volunteers are stationed at intersections, with State Police at key locations.
- The course is closed to traffic as road closures take effect between 7:45 and 8:00 AM.

## Headphones

For safety, please run without headphones or listening devices. If you choose to use one, use a single earbud at low volume so you can hear runners, event staff, instructions and vehicles.

## No Pets

Pets are not allowed on the course or in the start and finish areas. This policy also applies to volunteers and spectators.

# Timing, Results and Awards

## Timing and Results

- ARE Event Productions is timing the event.
- Placings are based on clock start and finish time. There is no net time.
- Results will be posted on the Malta 5K Facebook page and the ARE website.
- The Hannaford truck will display results and 5-year age-group placings on race day.

## Awards

The in-person awards ceremony is expected to begin around 9:30 AM.

- Overall and Masters cash prizes are provided by Fleet Feet Albany/Malta and will be mailed after the event.
- Hannaford Supermarkets is providing baskets for overall winners.
- Age-group prizes are awarded in 5-year increments, courtesy of the Saratoga YMCA Malta branch and Fleet Feet Albany/Malta.



## Post-Race Celebration

Join us at Active Ingredient, Sitwell Plaza, 2443 US-9, Suite 301, Malta. Active Ingredient opens at 10:00 AM, with the kitchen serving breakfast sandwiches. Guests age 21 and older may use the tear-off bib tab for the race-day buy-one, get-one promotion.

# Medical and Weather

## Medical Support

Medical support will be available at the finish line. Saratoga Hospital Physical Therapy will also be present for post-race stretching.

### RACE SAFELY

If you have an underlying medical condition, arrive properly fueled and hydrated and wear medical alert identification if applicable. Write critical medical information and an emergency contact number on the back of your bib. If you feel dizzy, disoriented or unwell, stop immediately and notify a course marshal or medical volunteer.



## Weather and Event Changes

The event is planned for rain or shine. Significant weather, temperature or another unforeseen condition may require the event to be modified or canceled. If conditions change during the race, course marshals will provide instructions. Updates will also be shared through the event website and social media. Decisions will be coordinated with police, fire and rescue, and medical personnel as appropriate.

**Race-day forecast:** <https://wnyt.com/weather/>

## Stay Connected

For updates, visit the Malta 5K website and Facebook page. Questions not answered online may be sent to [info@malta5k.com](mailto:info@malta5k.com).

**Website:** <https://malta5k.com>

**Facebook:** <https://www.facebook.com/Malta5k>

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