

Thank You

for taking part in creating a **Fitness and Wellness Center** for all community members including those with physical disabilities and/or medical needs. Full accessibility and specialized equipment will provide ground-breaking opportunities for people with physical disabilities to increase strength and stamina and establish life-long wellness goals.

Liability Waiver

Must be signed to participate

Waiver: I know that participating in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official regarding my ability to compete in the race and I assume all risks associated with participating in this event. I waive and release CP Rochester, Al Sigl Center and the Town of Henrietta along with their representatives and successors from all claims or liabilities of any kind arising out of participation in this event. I further hereby grant full permission to any or all of the foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event. Participant will be charged \$110 for every chip that is not returned on race day

Signature _____

Date _____

Name & Signature of Parent if under 18:

Name _____

Signature _____

Date _____



3399 Winton Rd. S.
Rochester, NY 14623
RETURN SERVICE REQUESTED



Opening Doors...Changing Lives



Making steps for people with disabilities





★ **SIGN UP** ★
5K Run/Walk * 1M Walk
Saturday, May 14th
Registration Opens 7:45 am
Registration Closes 8:45 am
All Races Start 9:00 am sharp

Family Fun & Games
Silent Auction Bidding
Refreshments and
much much more
Admission \$3 pp. Free for 12 & under



CERTIFIED COURSE





REGISTRATION



Run For Fun

5K TIMED RACE PRIZES:

Top Fundraiser

5K Winners Male/Female

Age group awards Male/Female

Register by May 1st & pick up free T-shirt and Race Packet at Fleet Feet

2210 Monroe Ave May 12th & 13th

10:00am – 7:00pm or at Run for Fun

DIRECTIONS TO RACE START



<http://www.usatf.org/calendars/>

Certified Course#NY06129KL

Register by May 1st for \$15 and receive free T-Shirt
Registrations after May 1st thru Day of Race - \$25

FREE Children 12 & under

ALL entrants MUST complete waiver form on reverse.

Name _____

Street/Town _____ Zip _____

Email/Phone _____ Age as of 5/14/11 ____ Gender M F

5K RUN/WALK ____ 1M WALK ____

T-Shirt Adult: S M L XL XXL Child: M

Sponsors:

Name _____ Address _____ \$
(First) (Last) (Street) (Zip)

Name _____ Address _____ \$
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(First) (Last) (Street) (Zip)

Register at www.cprochester.org kcrevelling@cprochester.org OR CALL 334-6000 ext 1339

PLEASE MAKE CHECKS PAYABLE TO: CP ROCHESTER

Mail to Run for Fun, CP Rochester, 3399 Winton Rd. S., Rochester NY 14623