



5K Run for Fun & 1M Walk for Wellness



Taking strides for people of all abilities

Saturday, June 9, 2018 • 9:00 am - 5K race / 1M walk start

CP Rochester, 3399 Winton Road South, Rochester, NY 14623

Registration from 7:45 am - 8:45 am

PRIZES TO TOP RUNNERS!



THINGS TO KNOW

REGISTER ON-LINE

Register on-line at:

<https://runsignup.com/Race/NY/Rochester/5KRunforFun>

\$20 - Register by May 18 (Free T-Shirt!)

\$25 - After May 18th (T-shirt if available)

All runners and walkers must register!

RACE PACKET PICK-UP

Race Packet pickup at Fleet Feet Sports @ the Armory Friday, June 8, from 10 a.m. to 7 p.m. (155 Culver Road #110, Rochester, NY) or on day of the race.

MORE INFORMATION

Contact Laura Wakley, Events Manager

585-412-9040 x1324 or lwakley@happinesshouse.org

LIABILITY WAIVER

Must be signed to participate.

I know participating in a road race / walk 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 Ability Partners Inc., Ability Partners Foundation, CP Rochester, Happiness House, Rochester Rehabilitation, Al Sigl Community of Agencies, YellowJacket Racing, 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 aforementioned to use photographs, videotapes, motion pictures, recordings or any other record of me at this event.

RACE DAY INFORMATION

5K Race & 1M Walk start at 9:00 AM

Registration from 7:45 AM to 8:45 AM

Please avoid parking at CP Rochester. There is plenty of parking (and shuttles) available nearby. Look for flags!

The certified 5K course (#NY06129KL) is generally flat and runs through a residential neighborhood.

We welcome runners, walkers, and rollers!

COLLECT PLEDGES & INCREASE YOUR DONATION

All proceeds benefit Ability Partners Foundation in support of CP Rochester, Happiness House and Rochester Rehabilitation.

Raise over \$100 to be entered in our Grand Prize drawing(s)!



Our course is Certified to be accurate by USATF #NY17100KL



Name (please print)

Signature

Date

Name and signature of Guardian if under 18:

Name (please print)

Signature

Date

THANK YOU FOR SUPPORTING US!





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Pledge Sheet

RAISE OVER \$100 TO BE ENTERED IN OUR GRAND PRIZE DRAWING(S)!

Name: _____ E-mail: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ Individual _____ Team _____ Family _____ (check one)

Team name (optional): _____

NAME	ADDRESS	CONTRIBUTION	PAYMENT METHOD (CASH, CHECK)
		Total amount:	

Please make copies of this sheet to raise more funds!

100% of revenues benefit Ability Partners Foundation in support of CP Rochester, Happiness House, and Rochester Rehabilitation programs and services.

Register on-line!

Please register all participants, including those in strollers or wagons

<https://runsignup.com/Race/NY/Rochester/5KRunforFun>

Free t-shirts for all registrants! (while supplies last)

For more information, contact:

Laura Wakley, Events Manager
Ability Partners Foundation
10 East Main Street #304, Victor, NY 14564
Phone: 585-412-9040 x1324
lwakley@happinesshouse.org