



16th Annual 5K Run/Walk

Saturday, May 1, 2010

In Memory of Terri Krieger

To support The Arc of Orleans County, a not-for-profit organization which assists children and adults with disabilities.

Location

Sacred Heart Club
189 North Gravel Road
Medina, NY 14103

Begins at Sacred Heart Club and continues to the scenic Erie Canal Towpath. Runners will go west, walkers to the east.

Entry Fees

\$15.00 Pre-register by 4/19/10
\$18.00 Day of Race/Walk (Race entries close at 1:45 pm)
\$3.00 Food for non-participants

Start Time

Registration: 12:30 - 1:30 pm
Walk starts: 1:30 pm
Race time: 2:00 pm

Participant Gift

T-shirt and gift bag— (guaranteed to all pre-registered entrants)

Age Groups

Age groups are divided in five year increments, ages 14 & under to age 75 +

Awards

Overall Male & Female Runners
Male & Female Awards for 1st, 2nd, & 3rd place in each age group.
Cookie Awards!!

Post Race Party

Join us immediately after the race for hot dogs, chips, cookies, water, beer, juice, and Gatorade, **Plus** awards ceremony, door prize drawings, and fun!

*Help The Arc of Orleans County celebrate their 40th anniversary!
The 40th runner to cross the finish line will receive a special prize!*

For more information, call Case-Nic Cookies: 585-798-1676 or email: thearc5krun@yahoo.com
To download additional registration forms, please go to: www.arcoforleans.org

REGISTRATION

Please return this portion of the entry form and registration fee to: The Arc of Orleans County, P.O. Box 439, Albion, NY 14411. Make checks payable to: The Arc of Orleans County.

Name _____ Phone # _____

Street Address _____ City _____ ST _____ Zip _____

Email Address _____

- I am entering the: 5K Race - Male / Female (circle one) Age day of race _____
 1, 2, or 3 mile walk
 Children's Goodie Bag (age 7 & under): \$3.00 each How many? _____

Please indicate t-shirt size: Small Medium Large XL 2X

In consideration of your accepting my entry and permitting me to attend or participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against The Arc of Orleans County, Case-Nic Cookies, The Sacred Heart Club, the Village of Medina, the Town of Ridgeway, all persons staffing this event, sponsors of the event, for any and all losses and injuries in association with this event. I also certify that I am in good physical condition and have trained sufficiently for this event.

Signature of runner/walker _____ Date _____

Signature (parent/guardian if under 18 years old on 5/1/10) _____ Date _____

In case of Emergency call: _____ Phone # _____

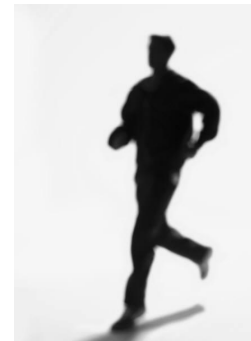
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We look forward to seeing you there!!



The Arc of Orleans County
15th Annual 5K Run/Walk
Sponsored by:
The Sacred Heart Club & Case-Nic Cookies
The Arc of Orleans County
P.O. Box 439—122 Caroline St.
Albion, NY 14411-0439