

# THE EMILY ROSE 5K MEMORIAL RUN

BENEFIT FOR THE EMILY ROSE MEMORIAL SCHOLARSHIP FUND

## SUNDAY, JULY 18, 2010 10AM

Registration from 8:30am to 9:30am

## RUSSELL PARK, AKRON, NY

Certified and Timed Course

### REGISTRATION FEE:

\$20.00 per participant Prior to July 3.  
After July 3, 2010 \$25.00.

Packet pickup & on site registration.

Checks payable to Emily Rose Memorial  
(US Funds only) non-refundable & non-  
transferable

**KIDS SPRINT** (8 years and under) FREE

### APPLICATIONS ON:

[www.akronsemilyrose.org](http://www.akronsemilyrose.org)

### RETURN ENTRIES TO:

Emily Rose Memorial 5K Run  
c/o Annette Adamczak  
13310 Stage Road  
Akron, NY 14001

## CASH AWARDS

*Top overall*  
**Male and Female Runners**

*Top overall*  
**Male and Female in the  
Masters categories**

## AWARDS

Presented to top  
male/female in the  
following age groups:

**14 years & under:**  
14-19 yrs.; 20-24 yrs.;  
25-29 yrs.; 30-34 yrs.;  
35-39 yrs.; 40-44 yrs.;  
45-49 yrs.; 50-54 yrs.;  
60-64 yrs.; 65-69 yrs.;  
70-74 yrs.; 75+ yrs.

**INFORMATION: Annette Adamczak (716) 725-2380**

PLEASE PRINT

ENTRY FORMS MAY BE PHOTO COPIED

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on July 10, 2010

Shirt size (Circle one) M L XL XXL EMAIL \_\_\_\_\_

### Enter Me In The

- Walk
- Run
- Kids Sprint
- Male
- Female

In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue to me against Kris' Physical Evidence, Inc., the Village of Akron, Township of Newstead, Bank of Akron, Erie County Parks Dept., event sponsors, events volunteers and the directors, agents, successors and/or assignees for any and all injuries suffered by me at this event, while traveling to and from the Emily Rose 5K Memorial Run, or while participating in this event. I attest and verify that I am physically fit and sufficiently trained for the competition in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (If under 18) \_\_\_\_\_ Date \_\_\_\_\_