# 18th Annual 5K Run/Walk Saturday, May 5, 2012

#### In Memory of Terri Krieger

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

Start Time

Registration: 12:30 - 1:30 pm

Walk starts: 1:30 pm

Race time: 2:00 pm

Participant Gift

Your choice of a t-shirt

or a sport bottle—Limited number

of each, so register EARLY!!

## Location

**Orleans** County

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 4/19/12 \$18.00 Day of Race/Walk (Race entries close at 1:45 pm) \$3.00 Food for non-participants

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, juice, and Gatorade, **Plus** awards ceremony, door prize drawings, and fun!

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

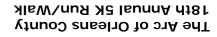
REGISTRATION

In case of Emergency call: \_\_\_\_

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.

Phone #

Name		Phone #	
Street Address	City	ST	_ Zip
Email Address			
I am entering the:	5K Race - Male / Female	(circle one) Age day of rac	e
	Children's Goodie Bag (age 7	& under): \$3.00 each How m	any?
<b>Sport Bottle</b> Please check either sport	OR T-shirt Size: Small	Medium Large	XL 2X
legally bound, hereby, for claims for damages I may Village of Medina, the To	accepting my entry and permitting me to attend or myself, my heirs, executors, and administrators, y now or in the future have against The Arc of Orle wn of Ridgeway, all persons staffing this event, sp nt. I also certify that I am in good physical condition	waive release and forever discharge any eans County, Case-Nic Cookies, The Sa ponsors of the event, for any and all loss	y and all rights and icred Heart Club, the ies and injuries in
Signature of runner/v	valker	Date	For office use
Signature (parent/gua	ardian if under 18 years old on 5/5/12)	Date	CA CC CK #



P.O. Box 439-122 Caroline St. The Arc of Orleans County The Sacred Heart Club & Case-Nic Cookies Sponsored by:

9640-11441 YN , noidlA

## Saturday, May 5, 2012



We look forward to seeing you there!!



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