



# 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.

### 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 4/19/12  
\$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

Your choice of a t-shirt or a sport bottle—Limited number of each, so register EARLY!!

### 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](mailto:dwithey@arcoforleans.org)  
To download additional registration forms, please go to: [www.arcoforleans.org](http://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? \_\_\_\_

Sport Bottle OR T-shirt Size:  Small  Medium  Large  XL  2X

Please check either sport bottle OR one size for your t-shirt. Register EARLY to ensure your choice!!

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 5/5/12) Date  
In case of Emergency call: \_\_\_\_\_ Phone # \_\_\_\_\_

For office use:
\$ _____
CA CC
CK # _____
on ___/___/___



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*We look forward to seeing you there!!*



The Arc of Orleans County  
18th 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