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 FOR HEALTHY LIVING
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REMEMBERING OUR FRIEND

Amy King 5K Run / Walk
SATURDAY, NOVEMBER 24, 2012

Race Information

Location: Lakewood Community Center
Race Begins: 11:00 a.m.
Entry Fee: \$25.00
Course: Paved, generally flat, few slight inclines.
Kids' Race: The Amy King of the Hill Race
 3-10 years of age. No charge.
 Distances according to age.
 Starts at 11:30 a.m.
Divisions: 14 & under, 15-18, 19-24, 30-34,
 35-39, 40-44, 45-49, 50-54,
 55-59, 60+
Contest: **Dress up in your best costume and
 win PRIZE MONEY!**

Registration

- Forms must be received by Friday, November 16 to receive a limited edition Amy King sweatshirt.
- Make checks payable to the Lakewood YMCA.
- Mail entries to: Lakewood YMCA
 183 E. Fairmount Avenue
 Lakewood, NY 14750
- For additional information call (716) 763-0303

RACE DAY REGISTRATION

- 9 -10:30 a.m. at the Lakewood Community Center

Event Proceeds

Benefit the "Amy King Kids YMCA Summer Camp Fund" and Southwestern Central School Scholarships.

* The YMCA is a proud sponsor of the Chautauqua Striders "Runner of the Year" series. www.chautauqua-striders.org *

Register me for: 5K Run / Walk Kids' Race

Name: _____ Sex: M / F DOB: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Sweatshirt size: S M L XL XXL

I cannot participate in the event, but I would like to contribute and receive a sweatshirt (\$25) **Total amount enclosed: \$** _____

Release and Waiver: I, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby waive and release any and all claims against the YMCA, Chautauqua Striders, the Village of Lakewood, the Town of Busti, and all others who may be affiliated with these races for any and all damages or injuries that may result from this event. I also attest that I am physically fit and qualified to participate in this race.

Signature

Signature of parent or guardian if under 18