

HIGHLIGHTS FOR 2019!

Race Tees for the first 150 entrants

Post-Race party with food, drinks and music

Online registration
eden5k.eventbrite.com

New Fast Course

Wheelchair division

Unified team registration – joins people with and without intellectual disabilities on the same team

5K Awards presented to:

- Overall male and female winners

- Top 3 men and women the following age groups:

0 – 9, 5 year groups until 79, then 80+

Eden 5K
9328 Feddick Rd
Boston, NY 14025



Eden 5K – Run Unified

The Eden All-Sports Boosters
Present

EDEN 5K

Run Unified



Tuesday, August 20th
6:30 pm

What are Unified Sports?

Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. This race raises money for Eden's Unified basketball and bowling teams.

Packet Pickup/Late Registration:

Race numbers, bags and late registration will be available at the **Eden High School Track at 3150 Schoolview Rd.** beginning at 4:30 on August 20th. Free race t-shirts will be given to the first 150 5k registrants.

The 5K Route (NEW COURSE) :

Mile splits and water will be available at the one and two mile marks.

The new course starts on the high school track and runs out the parking lot. Then turns left on Schoolview, right on Jennings, right on Weller, right on Merrill, right on Weller, right on Schoolview. Repeat loop then turn back into the high school and finish on the track.

<https://www.plotaroute.com/route/835875>

Short Courses:

For any athletes looking for a shorter, non-certified course, there will be 1.8 mile and 0.8 mile courses available that will not receive an official time.

The Eden All-Sports Boosters

Eden 5K Run Unified

Tuesday August 20th 6:30 p.m.

Registration:

Online: <https://Eden5k.eventbrite.com>

Pre-entry:

\$20 –runners/walkers/wheelchair (\$25 race day)

\$35 – Two-person Unified Team (\$40 race day)

T-Shirts only guaranteed pre-registered participants.

Mail Entries: Eden 5K

9328 Feddick Rd

Boston, NY 14025

Email Questions to: eden5k@hotmail.com

Directions:

North of Eden: Take the 90 to Hamburg exit (Exit 57) and take 75 South. Make a right onto route 62 and take 62 into the Town of Eden. Turn left onto Schoolview Rd. The high school track is the last possible turn on the left.

South of Eden: Take the 90 to the Eden exit (Exit 57A) and make a left onto Eden-Evans Center Road, which will become Church Street. At your first light, make a left onto Main Street (Route 62). Turn right onto Schoolview Rd. The high school track is the last possible turn on the left.

Results by WNY Finish Line Services.

Entry Form

Name _____

Age _____ Phone _____

Email: _____

Gender (circle): Male Female

Entry Category (Check only 1)

_____ Open Race/wheelchair race (\$20)

_____ 2-person Unified Team (\$35)

Unified Partner Name _____

Size Adult: S ___ M ___ L ___ XL ___

Release: I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Eden All-Sports Booster Club, The Town of Eden and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ Date _____

Parent Signature: (If under 18)\
