



Okay 5K Fun Run/ Wellness Walk

Tuesday, July 16th - Delaware Park



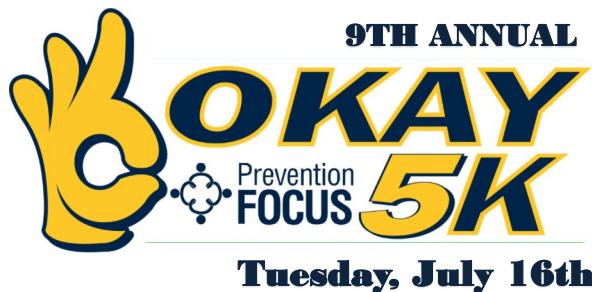
General Information

Whether it's your very first 5K or your fiftieth ... Whether you run it competitively for your best time or treat it as a walk in the park ... Whether you come alone or register as a team ... It's all **OKAY!**

That's the message of the Eighth Annual "Okay 5K" to benefit Preventionfocus that is now scheduled for 7:00 p.m. on Tuesday, July 16th inside Buffalo's Delaware Park!

To appeal to the serious runner, the "Okay 5K" will be held on a certified 5K course and will be officially timed. The top male and female finishers in five-year age brackets will all be recognized. But organizers want to be clear that this event will also appeal to walkers and those who have never been in a 5K before. People of all fitness levels will be there so put it in your calendar! First time 5K participants will receive special recognition!

Join us on Tuesday, July 16th at Delaware Park to get active and have fun!



Tuesday, July 16th

Course:

This 5K course using Ring Road inside Delaware Park is USA TRACK & FIELD CERTIFIED and officially timed by SCORE THIS!

Pre-Registry:

By Mail: Complete and return the attached form.
Online: www.preventionfocus.org
\$20 Entry fee for 5K Fun Run/Walk event (\$25 Day of)
\$10 Children ages 6-14
Children under 5 FREE!

****Race packets will be available to pick-up on the Monday prior to race day from 5:00pm—7:00 pm at the Preventionfocus office, 69 Linwood Ave, Buffalo. ****

Team Registry:

Register as part of a four—person team and each adult is just \$15!
Make sure all team members list the same team name on the registration form.

T-Shirts:

FREE for the first **100** pre-registrants

Awards:

Certificates will be given to each individual who finishes the race. The top 3 male and female runners for each age category will receive recognition in our newsletter as well as their local paper.

Post Race Celebration:

An award ceremony and complimentary refreshments

FREE PARKING!
At The Buffalo Zoo

Classes: Male & Female Age Categories:

14 & under	30-34	50-54	70-75
15-19	35-39	55-59	75+
20-24	40-44	60-64	
25-29	45-49	65-69	

☐ Yes! It's Okay with me! I would like to register for
☐ Okay 5K Wellness Walk (will not be timed)
☐ Okay 5K Run

☐ I am a member of a team.
Team Name: _____

☐ This is my first 5K!

☐ I can not participate. However, I would like to make a donation in the amount of: \$ _____

Name

Address

City State Zip

Phone Number

E-mail

Age Gender (circle one): M / F

T-Shirt Size (circle one): S M L XL XXL XXXL

Method of Payment. Payment Amount \$ _____

☐ MasterCard ☐ Visa ☐ Check
(Payable to Preventionfocus, Inc.)

☐ AMEX ☐ Discover ☐ Bill Me

Credit Card # Exp. date

Signature

Make checks payable to and Mail to:
Preventionfocus, Inc.
69 Linwood Ave
Buffalo, NY 14209

**All proceeds to benefit the
programs and services of Preventionfocus.**

Why We Walk/Run

Our agency's mission is to **make safe and healthy happen** for people from all walks of life." That means avoiding substance abuse and related problems but it also means taking care of your physical and mental health. Walking or running helps relieve stress and can boost a person's outlook on life. So, it's mental health, emotional health and physical health all being promoted at once!

Race Day Registration

5:30 pm—6:30 pm

Delaware Park
Ring Road
Buffalo, NY 14214

Start

Run or Walk
7PM!



Making Safe and Healthy Happen Since 1979

69 Linwood Avenue
Buffalo, New York 14209
WEB www.preventionfocus.org
TEL (716) 884-3256
FAX (716) 884-4210

Whether it's an awareness campaign for college students, a curriculum for elementary school children, a workshop series for teens, or materials for parents, our programs make an **impact**.

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Tuesday, July 16th
Delaware Park

9th
Annual

Okay
5K

Fun Run/Wellness Walk
for

