



# Okay 5K Fun Run/ Wellness Walk

## Sunday, October 2nd - Ellicott Creek Park



**A** healthy lifestyle means more than just abstaining from substance use and abuse. To Preventionfocus it means having healthy, strong relationships, being able to make good decisions, and having a positive self-image. One key component of living our definition of a healthy lifestyle is taking the time as an individual or as a family to stay **active**.

Studies by scientists at the National Institute of Drug Abuse suggest exercise can not only help us maintain a healthy weight but boost our energy and mood as well, which, in turn, strengthens an individual resistance to addiction. (Volkow, Nora- NIDA Notes, Vol 23, Number 4, Pg2)

You don't have to be a marathon runner or athlete in training to improve the physical, mental, and emotional health of you or your family. Whatever your fitness level, for this event, **it's all OKAY!**

**Join us on Sunday, October 2, 2011 at Ellicott Creek Park to get active and have fun!** Enjoy complimentary refreshments at our post-race party/ award ceremony!

**This relatively flat and straight 5K course in and around scenic Ellicott Creek Park is USA TRACK & FIELD CERTIFIED and officially timed by SCORE THIS.** 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 newspaper.

\*Strollers are welcome, but please : **NO** bikes, rollerblades, roller skates, skateboards, scooters, or dogs.



## Registration

By Mail: Complete and return the attached form. Make checks payable to Preventionfocus, Inc.  
Online: [www.pfocus.org](http://www.pfocus.org)

## Entry Fees

\$20 Entry fee for 5K Fun Run/ Walk event (\$25 day of)  
\$10 Children ages 6- 13  
Children under 5 are FREE!

**First 100 registrants receive a free t-shirt!**

## Race Day Registration

8:00 am-9:30 am  
Ellicott Creek Park  
Niagara Falls Blvd. & Ellicott Creek Rd.  
Tonawanda, NY 14150  
SHELTER #20

## Start

Run or Walk  
10AM Sharp!  
Ellicott Creek Park

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

Classes: Male & Female  
Age Categories:

14 & under	30-39	60-69
15-19	40-49	70+
20-29	50-59	

Yes! It's Okay with me!

I would like to register for the:

- Okay 5K Wellness Walk  
 Okay 5K Fun Run

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): YS YM YL S M L XL XXL

### Method of Payment

- MasterCard  Visa  Check (Payable to Preventionfocus, Inc.)  
 AMEX  Bill Me  N/A In-Kind Donation

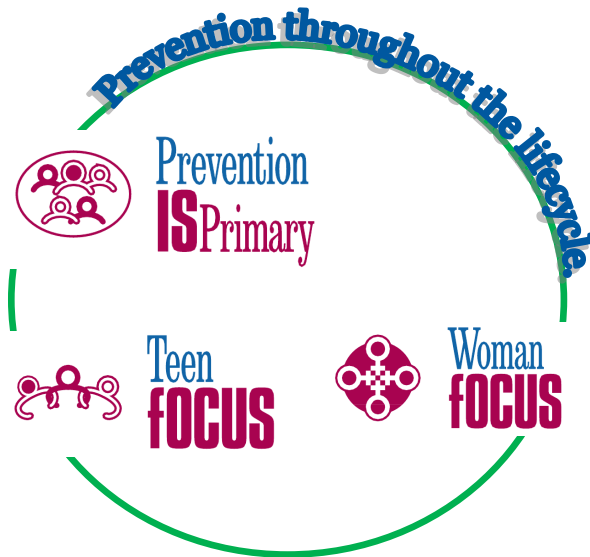
Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

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

## What is Preventionfocus?

Preventionfocus Inc. is a not-for-profit organization that works to prevent harmful involvement with alcohol, substances, compulsive gambling, violence, and related problems throughout the lifecycle. Our three departments; Womanfocus, Prevention Is Primary (PIP), and Teenfocus, cohesively work together to empower the people of the schools and communities we serve to make safer and healthier choices.



Whether it's a workshop series for women, an after-school program for youth, a media campaign, or a curriculum delivered in a classroom, our necessary programs make an **impact**.

Preventionfocus Inc. is funded by the New York State office of Alcoholism and Substance Abuse Services, under contract with the Erie County Department of Mental Health. Additional funding is provided by the New York State Office of Children and Family Services and private contributions.



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From violence and crime to academic failure and poor performance in the work place to the loss of relationships, dreams and lives, addiction causes too much pain and suffering to be left alone. Thankfully, science has shown that substance abuse and related social problems can be positively impacted when proper prevention strategies are implemented. **Preventionfocus, Inc.** puts such strategies to work every day.

**Join in our efforts by supporting us today!**

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Bethany A. Solek, Esq.

**Sunday, October 2nd**  
**Ellicott Creek Park**



**Fun Run/ Wellness Walk**  
**for Preventionfocus**

**Presented By:**

**RUPP, BAASE, PFALZGRAF,**  
**CUNNINGHAM & COPPOLA LLC**  
*Attorneys at Law*

*Walk it or run it!*

*First 5K or 50th!*

*Alone or as a Team!*

**It's all okay!**

