



# Okay 5K Fun Run/ Wellness Walk

## Tuesday, July 18th - Delaware Park



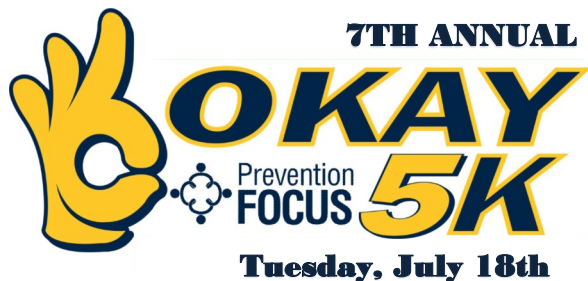
### General Information

**W**hether 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 Seventh Annual "Okay 5K" to benefit Preventionfocus that is now scheduled for 7:00 p.m. on Tuesday, July 18th 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 18th at Delaware Park to get active and have fun!**



### 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](http://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
15-19	35-39	55-59
20-24	40-44	60-64
25-29	45-49	65+

- ☐ 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](http://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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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, the New York State office of Children and Family Services, and private contributions.

**Tuesday, July 18th  
Delaware Park**

**7th  
Annual**

**Okay  
5K**

**Fun Run/Wellness Walk  
for**

