



15th Annual 5K Run/Walk Saturday, May 2, 2009

To support The Arc of Orleans County, a not-for-profit organization which assists children and adults with disabilities. This race is dedicated to Terri Carr Krieger, who was a long-time employee of The Arc of Orleans County, who lost her battle with cancer in 1997.

Location

Sacred Heart Club
189 North Gravel Road
Medina, NY 14103

Begins at Sacred Heart Club and continues to the scenic Erie Canal Towpath. Runners will go west, walkers to the east.

Entry Fees

\$15.00 Pre-register by 4/24/09
\$18.00 Day of Race/Walk
(Race entries close at 1:45 pm)
\$3.00 Food for non-participants

NEW!! Start Time
Registration: 12:30 - 1:30 pm
Walk starts: 1:30 pm
Race time: 2:00 pm

Participant Gift

New gift for 2009!
Runners socks and gift bag -
(guaranteed for pre-registered,
and until gone day of race)

Age Groups

Age groups are divided in five
year increments, to age 75 +

Awards

Overall Male & Female Runners
Male & Female Awards for
1st, 2nd, & 3rd place
in each age group.
New! Cookie awards!

Post Race Party

Join us immediately after
the race for hot dogs, chips,
cookies, water, beer,
juice, and Gatorade
Plus awards ceremony,
door prize drawings, and fun!

For more information, call Case-Nic Cookies: 585-798-1676 or email: thearc5krun@yahoo.com
To download additional registration forms, please go to: www.arcoforleans.org

REGISTRATION

Please return this portion of the entry form and registration fee to: The Arc of Orleans County, P.O. Box 439, Albion, NY 14411. Make checks payable to: The Arc of Orleans County.

Name _____ Phone # _____

Street Address _____ City _____ ST _____ Zip _____

Email Address _____

I am entering the: 5K Race - Male / Female (circle one) Age day of race _____
 1 mile, 2 mile, or 5K walk
 Children's Goodie Bag (age 7 & under): \$3.00 each How many? _____

Please indicate size for socks: Women's Men's 9 - 12 Men's 13 - 15

In consideration of your accepting my entry and permitting me to attend or participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against The Arc of Orleans County, Case-Nic Cookies, The Sacred Heart Club, the Village of Medina, the Town of Ridgeway, all persons staffing this event, sponsors of the event, for any and all losses and injuries in association with this event. I also certify that I am in good physical condition and have trained sufficiently for this event.

Signature of runner/walker Date

Signature (parent/guardian if under 18 years old on 5/2/09) Date

For office use:
\$ _____
CA CK CC
on ___/___/___