



Okay 5K Fun Run/ Wellness Walk

Saturday, October 18th - 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 Fourth Annual "Okay 5K" to benefit Preventionfocus that is now scheduled for 10:00 a.m. on Saturday, October 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 three 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 Saturday, October 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
\$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 Thursday and Friday 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 pre-registrants
Register by September 30, 2014

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 on our website as well as their local paper.

Post Race Celebration:
An award ceremony and complimentary refreshments

Parking:
Limited parking is available inside Delaware Park along Ring Road. Entrances located on Parkside at Jewett and just before the Scajaquada Expressway

Classes: Male & Female Age Categories:

14 & under	30-34	50-54	70+
15-19	35-39	55-59	
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 helped at once.

Race Day Registration

8:00 am—9:30 am

Delaware Park
Ring Road near Buffalo Zoo
Buffalo, NY 14214

Start

Run or Walk
10AM Sharp!



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 a workshop series, an afterschool program, a media campaign, or a curriculum delivered in a classroom, our necessary programs make an **impact.**



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**Saturday, October 18th
10AM –Delaware Park**

**4th
Annual**

**Okay
5K**

**Fun Run/Wellness Walk
for**



Presented By:



Collins & Collins
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