



Karen's 5 K & 2 mile walk

"Going the Extra Mile"

www.karens5kmemorial.webs.com

October 6, 2013

Location:

Penfield High School
25 High School Drive
Penfield, New York 14526

Time:

Race starts at 9:15 am
Packet pick-up/ Day of registration begins at 7:30am

Registration Fee:

Pre-Registration (by October 1st) - \$15
After October 1st including day of race- \$18
Student Rate - \$10

Free t-shirt to the first 100 registrants!

\$50 Dick's Gift Certificate to top Male & top Female Runner

Prizes Awarded to top 3 M/F in each age group !

Proceeds to benefit the Karen Grant Memorial Scholarship.

Karen is remembered as a person who served as teacher, role model and friend who was always willing to go the extra mile.

Send Applications and Entry Fee to:

Karen's 5K
c/o Chris Hurlbut
52 Witherspoon Lane
Rochester, NY 14625

or Kim Bradshaw
room G15 PHS

-OR-

*****Register online at: www.runsignup.com/karens5k*****

Students- be sure to click on "Age Based Pricing" when registering

Tax Deductible Donations Welcomed : Payable to: Penfield Scholarship Association/Karen Grant Scholarship (use above address)

-----Clip and mail this portion only-----

Last Name: _____ First Name: _____

Address: _____ Run ____ Walk ____

City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact: _____ Phone: _____

Size: S/M/L/XL Age on Race Day _____ Amount Enclosed \$ _____ Fee payable to: Karen's 5K

I understand that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained for this event. I agree to hold harmless Penfield HS, the Penfield Community Center, the race committee, sponsors, and anyone assisting with the event from and against any blame or liability for any misadventure, injury, or inconvenience suffered or sustained as a result of participation in this event or any activities associated with the event. The race directors reserve the right to reject any entry. Having read this waiver I accept all risk associated with this event.

Date: _____

SIGNATURE IS REQUIRED!

(Parent/Guardian's signature if participant is under 18)