



Together we can keep the distance, to go the distance!

July 17 & 18, 2020

For some 20 years, the third Saturday in July has been an opportunity for people with special needs, their supporters, and friends of the Hotelling family to come together for a great event to benefit a worthwhile cause. However, due to the pandemic this year's running and walking events in Silver Creek, NY, won't be held. Instead, we invite everyone to take part in a **"virtual" Laurel Run or Walk** you can do at your convenience.

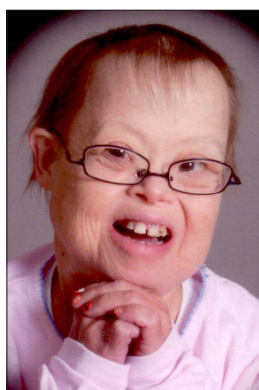
The suggested distances are an 8-kilometer run or a 5K walk, since those are the distances of the Silver Creek events. But you can go a shorter (or longer) distance, if you prefer. And you're not limited to walking or running. If you'd rather swim, cycle, kayak, or use your elliptical machine, go for it! It doesn't matter what you do — just do something to show support for people with disabilities!

Registration Options

Use the form on the back of this flyer, or you can access online registration at www.laurel-run.com.

- * For \$20, you'll receive a 2020 Laurel Run T-shirt and a commemorative medal. And if you register online, you'll be able to post your time.
- * If you raise \$50 in pledges, we'll waive the \$20 registration fee, and you'll get your shirt and medal.
- * If you're not interested in receiving a shirt or medal, you can register for FREE.

NOTE: We will provide opportunities for people to pick up their shirt and medal on July 17 or 18. In order to pick up your shirt and medal on one of those dates, you must register by 1:00 p.m. Tuesday, July 7. If you register after that, you may need to pay a \$6 shipping fee so we can mail your shirt and medal to you.



About the Laurel Memorial Run/Walk

Wayne and Elaine Hotelling created Laurel Run in 1997 in honor of their oldest daughter, who had Down syndrome. The event is a celebration of the achievements of people with disabilities, as well as a reminder that those with special needs can accomplish great things, if given the chance. Laurel herself enjoyed a full, active life until her death in 2017 at the age of 54. Help continue Laurel's legacy by taking part in the event that bears her name. Proceeds from the Laurel Run/Walk enhance employment and work training opportunities for people with disabilities through ...



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THE RESOURCE CENTER
Making a Difference in People's Lives

2020 "Virtual" Laurel Memorial Run/Walk Entry Form

(OR register online at www.laurel-run.com)

Name: _____

Address: _____

Phone: _____ E-mail _____

Date of Birth: ____/____/____ Age on 7/18/20: _____ Gender: ☐ M ☐ F

Shirt Size (circle one) Youth: S M L Adult: S M L XL 2X 3X 4X

Event: ☐ 8K Run ☐ 5K Walk ☐ Create Your Own _____

Team Name: _____

REGISTRATION OPTIONS

☐ **\$20** (You will receive a T-shirt and a medal.)

☐ **Fund-raiser** (Choose this option to receive a shirt & medal by raising at least \$50. Visit www.laurel-run.com to find a link to create your fund-raising web page.)

☐ **Free** (If you choose this option, you will not receive a shirt or medal.)

*** PLEASE NOTE: If you register by 1:00 p.m. Tuesday, July 7, you will be able to pick up your shirt and medal July 17 or 18.**

☐ **I am unable to participate this year. Please accept my donation of \$ ____.**

ADDITIONAL OPTIONS

☐ **\$10 - Shirt size XL or smaller**
Size(s): _____ Quantity: _____

☐ **\$15 - Shirt size 2XL or larger**
Size(s): _____ Quantity: _____

☐ **\$5 - Laurel Run Face Mask**
Quantity: _____

☐ **\$6 - Shipping**
Choose this option to have us mail your items to you.

☐ **\$10 - TRC Membership**
Continue Laurel's legacy by becoming a Member of The Resource Center! Your Membership gives us a stronger voice when we speak in support of people with disabilities. As thanks for being a Member, you'll get a TRC Card offering discounts at local businesses!

TOTAL CHECK AMOUNT: \$ _____

Make check payable to "Laurel Run/Walk" and mail to: Filling the Gap, Inc., 92 Fairmount Ave., Jamestown, NY, 14701.

Injury Waiver

I know that participating in athletic events is potentially dangerous. I should not take part in any Laurel Memorial Run/Walk activities unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely participate in the event. I assume all risks associated with participating in this event, including but not limited to contact with other participants or passersby, falls, weather conditions including humidity and temperature, traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Filling the Gap, Inc., The Resource Center, USATF, Chautauqua Striders, UPMC Chautauqua, the Chautauqua Region Community Foundation, RunSignup.com, Laurel Memorial Run/Walk organizers, sponsors, and volunteers and their employees, agents and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to any or all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____

Signature of parent or guardian if participant is under 18 _____

Laurel Run/Walk Pledge Form Raise \$50 or more and receive a free shirt and commemorative medal.

Collect all contributions in advance. Bring this form with you the day of the event or mail in advance to: Filling the Gap, Inc., 92 Fairmount Avenue, Jamestown, NY, 14701. DO NOT MAIL CASH. Have donors make checks payable to **Laurel Run**.

Participant's Name: _____

Phone Number: _____

Thanks for supporting people with disabilities by collecting pledges! You can also raise money by creating an online fund-raising page that you can link to your social media accounts. Visit www.runsignup.com/Race/NY/SilverCreek/LaurelMemorialRunWalk.

Sponsor's Name*	Address or E-mail Address	Phone	Amount

*** Those donating money in support of the Laurel Memorial Run and Walk may be added to our mailing lists. Please note that people who donate \$20 or more will be considered a member of The Resource Center UNLESS they put an asterisk next to their name.**