



26th annual

# Laurel Memorial Run & Walk

**Saturday, July 16, 2022**

19 Park Place, Silver Creek, NY, 14136  
(Parking available across the street at Rite Aid)

*25 years of celebrating people with developmental disabilities!*



1997: Event founder Wayne Hotelling and daughter Laurel greet well-wishers near the end of the inaugural Laurel Run.



1999: Elaine, Laurel and Wayne lead the procession at the start of the third Laurel Run, which passed through every county in New York and had 20,000 participants.



2001: Wayne participates in the first 8K run. Tackling the hills and heat for a great cause led a woman to call the 8K, "The toughest race you'll love to run."



2006: Laurel is all smiles as she sets the pace during the 10th annual Laurel Memorial Run & Walk.



2016: During the 20th annual Laurel Run/Walk, people with disabilities and their support staff head out at the start of Laurel's Legacy Lap, the signature event of the weekend.



2019: Andrea Nalepa nears the finish line wearing a shirt with the names of lost friends.

## **SCHEDULE**

- 7:00 ... Check-in & Registration begin
- 8:10 ... Opening ceremonies
- 8:30 ... 5K and 1K Walks begin
- 9:00 ... 8K Run begins (4 water stations on course)
- 10:00 ... Children's Runs (age 7 and younger)
- 10:15 ... Laurel's Legacy Lap (for people with disabilities)
- 10:30 ... Awards Ceremony
  - Cash prizes (\$100, \$75, \$50) to top 3 male and top 3 female finishers in the 8K Run
  - Medals awarded to top 3 male and female finishers in 5-year age groups in 8K & 5K
  - Awards to top 3 teams in 8K Run and 5K Walk (combined times of team's first 4 finishers)
  - Commemorative medal for all Laurel Memorial Run & Walk participants!

NOTE: The 8K course is certified by USATF #NY12055JG.



## **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 disabilities 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 Laurel Run support people with disabilities through ...



The cost for the 8K Run, 5K Walk and 1K Fun Walk is \$25 (\$20 age 17 and younger). Entry fees go up \$5 on July 8. Register by June 30 to receive your shirt at the event. Register online at [www.laurel-run.com](http://www.laurel-run.com). For questions, phone 716-661-4735 or email [steve.watson@resourcecenter.org](mailto:steve.watson@resourcecenter.org); or Wayne & Elaine Hotelling at 716-934-3952.

***If you can't join us for the actual Laurel Run/Walk events, you can participate in a Virtual Run or Walk no matter where you are, at a time that is convenient for you. Register at [www.laurel-run.com](http://www.laurel-run.com).***

# 2022 Laurel Memorial Run/Walk Entry Form

(OR register online at [www.laurel-run.com](http://www.laurel-run.com))

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 7/16/22: \_\_\_\_\_ Gender: ☐ M ☐ F

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

Event: ☐ 8K Run ☐ 5K Walk ☐ 1K Fun Walk

Team Name: \_\_\_\_\_

## REGISTRATION OPTIONS (paid registrants receive a shirt and a medal)

☐ \$25 (18 and older) ☐ \$20 (17 and younger) \* **Fees increase \$5 July 8!**

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

**\* PLEASE NOTE: If you register by 1:00 p.m. Thursday, June 30, you will be able to get your shirt and medal on Laurel Run/Walk weekend.**

☐ 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 cloth face mask**  
Quantity: \_\_\_\_\_

☐ **\$10 - Shipping**  
Choose this option to have us mail your items to you.

☐ **TRC Membership — FREE!**  
Continue Laurel's legacy by becoming a Member of The Resource Center! Your Membership gives us a stronger voice when we advocate on behalf 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, Western New York Finish Line Services, USATF, 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](http://www.runsignup.com/Race/NY/SilverCreek/LaurelMemorialRunWalk).**

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

**\* Those donating money to the Laurel Memorial Run/Walk may be added to our mailing lists. NOTE: People who donate \$10 or more can become a Member of The Resource Center (and receive TRC's Membership Discount Card) by placing their initials next to their name.**