



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# REMEMBERING A FRIEND

Amy King 5K Run /Walk  
 SATURDAY, NOVEMBER 25, 2017



## Race Information

**Location:** Fitness Bunker  
**Race Begins:** 11:00 a.m.  
**Entry Fee:** \$30.00 No Registration Fees will be accepted at the Y after 12 noon on 11/24  
**Day of:** \$35.00  
**Course:** Paved, generally flat, few slight inclines.  
**Kids' Race:** The Amy King of the Hill Race 3-10 years of age. No charge. Distances according to age. Starts at 11:30 a.m.  
**Divisions:** 9 & under, 10-14 , 15-19, 20-24, 25-29 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
**Contest:** Dress up in your best costume and win Prize Money

## Registration

- Forms must be received by Friday, November 10 to be guaranteed a high performance long sleeve T-shirt
- No race registrations will be taken at the Y after 12 noon on Friday the 24th.
- **RACE DAY LATE REGISTRATION - 9 -10:30 a.m. at the Lakewood Community Center.**
- Make checks payable to the Lakewood YMCA.
- Mail entries to: Lakewood YMCA  
183 E. Fairmount Avenue  
Lakewood, NY 14750
- For additional information call (716) 763-0303

## Event Proceeds

Benefit the "Amy King Kids YMCA Summer Camp Fund" and Southwestern Central School Scholarships.

\* This race is part of the 2017 Chautauqua Striders "Runner of the Year" series, sponsored by the WCA Center for Orthopedics, Sports Medicine & Rehabilitation

**COSTUME CONTEST: Best dressed wins prize!**

Register me for:  5K Run  Walk

REGISTER ON-LINE AT: <https://runsignup.com/Race/NY/Amys5KRun>

Name: \_\_\_\_\_ Sex: M / F DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please Circle your choice of men's or women's high performance long sleeve t shirt

size: Mens/Women  S  M  L  XL  XXL

Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_  
 Rec # \_\_\_\_\_ Initial: \_\_\_\_\_

I cannot participate in the event, but I would like to contribute and receive a t-shirt(\$30) Total amount enclosed: \$ \_\_\_\_\_

Release & Waiver: I, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby waive and release any and all claims against the YMCA, Wegmans, Pepsi, McDonalds, WCA Hospital, Chautauqua Striders, Inc., The Village of Lakewood, The Town of Busti, and all others who may be affiliated with these races for any and all damages or injuries that may result from this event. I also attest that I am physically fit and qualified to participate in this race.

Signature \_\_\_\_\_

Signature of parent or guardian if under 18 \_\_\_\_\_