

## Free Entry

Individuals that raise \$50 or more in contributions for ALS will receive free entry to the race and a commemorative Medved 5K race t shirt.

Contributions must accompany entry form by mail or in person at **Medved Running and Walking Outfitters** on Saturday June 20th, from 10 am - 5 pm or in person on the day of the race, starting at 7 am.

**Become a Race Sponsor:** Donate or raise \$250 or more and your name, along with a message will be listed on the official race shirt. Deadline to become a Race Sponsor is June 1, 2009. Pledge sheets can be found at [medvedrunwalk.com](http://medvedrunwalk.com)

## Race Waiver

I know that running a road race is a potentially hazardous activity. I should not participated unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic and conditions of the course. All such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration for accepting, I, for myself and anyone entitled to act on my behalf, waive and release the Genesee Valley Harriers, Medved Running and Walking Outfitters, the County of Monroe, Rochester Community Baseball, the Greater Rochester Outdoor Sports Facility, Inc., any and all sponsors and their agencies, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I further give my permission for the free use of my name, voice, recording or photo in any printed account, broadcast, telecast or commercial advertising of this event.

Signature of Participant (Parent/Guardian if participant is under 18 years of age)

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## Purpose of this Event


Proceeds from this event will go directly to the ALS Therapy Development Institute (ALS-TDI) to be used for ALS research. The first 9 editions of the Medved 5K to Cure ALS raised over \$140,000 for the ALS-TDI. ([www.als.net](http://www.als.net)).

Amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's disease, is a progressive neurodegenerative disease that attacks motor neurons in the brain (upper motor neurons) and spinal cord (lower motor neurons). Over 30,000 people are currently afflicted with this non curable disease. The average life expectancy after diagnosis is between 18-24 months.

An additional tax-deductible donation can be given by a check made out to ALS-TDI and submitted with this race form.

## Race Timing


The race will be timed by **PCR Timing** using their DAG System. This system embeds a wire into the race bib to provide accurate, hassle free race results. Race results will be posted immediately after the race at Frontier Field and on line at [www.pcrtiming.com](http://www.pcrtiming.com).



**MEDVED**  
RUNNING & WALKING OUTFITTERS

and the  
Genesee Valley Harriers Running Club

Present the:



**MEDVED 5K To Cure ALS\***

Design by Innovative Edge Sports

\*(Amyotrophic lateral sclerosis or Lou Gehrig's Disease)

**Help knock it out**

At Frontier Field Rochester, NY

## Father's Day

**Sunday, June 21, 2009 at 8:30 am**

- **1 Mile Youth Run starts at 9:15 am**
- **1 Mile Walk starts at 9:15 am**



[www.medvedrunwalk.com](http://www.medvedrunwalk.com)

## Event Information

- \* 5K race: Starts at 8:30 am;
- \* 1 Mile Youth Run starts at 9:15 a.m.
- \* 1 Mile Stroll starts at 9:15 am

\* Our event is Sanctioned by USATF and our Course is Certified to be accurate (NY04021KL). Run through historic Brown's Square neighborhood and finish inside Frontier Field behind home plate.

\* Male and Female age groups: 10 & under, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

\$1,500 in prize money for  
Top 5 Male and Female Finishers:

1<sup>st</sup>: \$300  
2<sup>nd</sup>: \$150  
3<sup>rd</sup>: \$125  
4<sup>th</sup>: \$100  
5<sup>th</sup>: \$75

\*Top Masters (40+) Male and Female finishers will receive a pair of running shoes courtesy of Brooks.

## 1 Mile Youth Run (15 & Under)

\* Starts at 9:15 am outside of Frontier Field

## Kids vs. "Spikes" the Mascot

\* Starts at 9:45 am inside Frontier Field  
\* Separate age group races and distances for those 5 & under, 6-7 and 8-9.  
\* All participants who outrun "Spikes" will receive a ribbon and merchandise courtesy of the Red Wings. Register for kids races beginning at 7 am on race day at Frontier Field. Entry fee \$2

## Parking

Free parking at Kodak Lot D located across from the main entrance to Frontier Field

## Fees & Registration

5K Run: By June 20<sup>th</sup>: \$18.00, Race day: \$20

1 Mile Youth Run: \$10.00 1 Mile Stroll: \$10.00

## Packet Pick Up at Medved

**June 20, 2009** from 10am-5pm. Register for the race and or pick up your packet at Medved (during the above date and time) and receive **\$10 off a pair of Brooks running shoes.**



Race day registration begins at 7 am, inside the main entrance of Frontier Field.

Family Rate: if you have 4 or more family members in this event, subtract \$2 from each entry. Entries must be mailed together.

## Awards/Refreshments

\* Merchandise awards to the top 10% in each age group courtesy of Medved Running and Walking Outfitters, Brooks, Thorlos and the Rochester Red Wings. Awards to fastest Father/Son and Father/Daughter. Unclaimed awards available for pick up until June 27, 2009. Ceremony to be held in the "Nest" at 10:00 a.m.

\* Post race refreshments to be served in the "Nest" at 10 am



## Entry Form (sign waiver on back)

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

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

City: \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_

Day phone \_\_\_\_\_

Age on race day \_\_\_\_\_ Gender: M F

Email \_\_\_\_\_

T shirt size: S M LG XL

I am registering for the:

\_\_\_ 5K Run \_\_\_ 1 Mile Youth Run \_\_\_ 1 Mile Stroll

Check family division entered (5K only)

\_\_\_ Father/Son \_\_\_ Father/Daughter

Please make all checks for race entries payable to:  
Medved

And mail to:

3400 Monroe Avenue  
Rochester, NY 14618

Attention: ALS Race

Additional donations can be made payable to ALS-TDI

\_\_\_ \$5 \_\_\_ \$10 \_\_\_ \$25 \_\_\_ other