

Race Waiver

In consideration of being permitted to participate in the Stroll for Strong Kids, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge and covenant not to sue Strong Memorial Hospital, Golisano Children's Hospital at Strong, its officers, employees, sponsors, organizers, volunteers or other representatives or their successors and assigns for any and all injuries, damages, or loss of personal property of any kind whatsoever suffered as a result of taking part in the event and related activities. I also agree to the use of any photo, film or videotape of the event for Golisano Children's Hospital business purpose.

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



This Event is Sanctioned by USATF

GOLISANO
CHILDREN'S HOSPITAL



13th Annual Stroll for Strong Kids 5K

presented by



Saturday, May 30, 2009

5K Starts at 9 am

**University of Rochester Campus
Wilson Quad**

www.gchas.org



Date, Time and Location

- Saturday May 30, 2009
- 5K starts at 9 am
- 2 Mile Stroll begins at 9:30 am
- University of Rochester; Wilson Quad
601 Elmwood Avenue

About the Event

The Stroll for Strong Kids is an annual fundraiser that benefits Golisano Children's Hospital at Strong. Every person attending (even children) are required to raise a minimum of \$30, and incentives are offered at the \$75, \$150, and \$250 levels. We are fortunate for the 2,800 participants that participated last year and raised \$306,000 for our region's only Children's Hospital - THANK YOU!

We have added a certified 5K race NEW this year!

Packet Pick Up

Pre Race Registration Packet Pick Up (for the 5K) will be available at: **Medved Running and Walking Outfitters** (3400 Monroe Avenue) on Friday May 29th from 10 am to 7 pm.

On race day, check in at the 5K registration tent. The 5K race will begin at the U of R Interfaith Chapel and end at Fauver Stadium.

See www.gchas.org for the course map.

Schedule of Events

- 7:30 am to 8:45 am: Registration for Certified 5K Race
- 8:00 am to 10:00 am: Stroll registration and children's activities
- 9:00 am: 5K Race begins
- 9:30 am: The Stroll begins

In addition to the walk and 5k at the U of R Campus (we moved the location from the traditional Genesee Valley Park), there are several inflatables (bounce houses, mazes, etc.), clowns, face painting, tattoos, a concert by Gary the Happy Pirate, and much more! **Subway** has graciously agreed to provide lunch again this year! Your favorite apples provided by the **NY Apple Association**, cookies from **Panera**, coffee, donuts & bagels from **Tim Horton's** and custard cups from **Abbott's** have been donated as well!

We know economic times are tough, and Golisano Children's Hospital is in great need right now. No matter how bad the economy is we continue to treat sick and injured children. Thank you for helping us to continue to offer the best care possible, right here in Rochester!

Parking

U of R Campus Intercampus Lot.

For More Info

Call Karen Eisenberg (585) 273-5948

The race will be timed by **PCR Timing** using their DAG System. Race Results will be posted immediately after the race.

Thanks to our sponsors:



Entry Form (Please sign the waiver on the back)

Last Name: _____

First Name: _____

Address: _____

City: _____ State: _____

Phone: _____

Age on race day: _____ Gender: M/F

Shirt Size (For those who raise \$75 or more):

S M L XL

Circle Event: 5K Walk

Amount Enclosed: _____

Please send checks to:

Golisano Children's Hospital
300 East River Road
PO Box 278996
Rochester, NY 14627

Attention: Karen Eisenberg