

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 10 editions of the Medved 5K to Cure ALS raised over \$150,000 for the ALS-TDI. (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 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)

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 (or a report showing contributions submitted on line) must accompany the submitted entry form to receive the free entry Contributions can be collected on line.

On Line Contributions: Please see <http://www.alscommunity.org/> and click on Login/Register to create your on line donation page. If you need assistance in setting up you on line page, please contact Vanessa Plant at vplant@als.net or call her at (617) 441-7281.

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 6, 2010. Pledge sheets can be found at medvedrunwalk.com

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.

The logo for Medved Running & Walking Outfitters, featuring a red silhouette of a runner and the text "MEDVED RUNNING & WALKING OUTFITTERS".

and the
Genesee Valley Harriers Running Club
Present the:

The logo for the Medved 5K To Cure ALS* race, featuring a red silhouette of a baseball player swinging a bat and the text "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 20, 2010 at 8:30 am

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



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:

1st: \$300
2nd: \$150
3rd: \$125
4th: \$100
5th: \$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 19th: \$18.00, Race day: \$20

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

Packet Pick Up at Medved

June 19, 2010 from 10am-5pm. Register for the race and or pick up your packet at Medved (during the above date and time). Come check out our Brooks packet pick up specials.



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

- * Awards to the top 10% in each age group
- * Awards to fastest Father/Son and Father/Daughter.
- * Unclaimed awards available for pick up until June 27, 2010. 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

Name of Partner: _____

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