

Earth Run - Honoring Mother Earth

5K Run/Walk

April 26, 2014

Starting Line:

Early Childhood Learning Center

12857 Route 438

Irving, NY 14081

Start Time: 11:00am



Food Is Our Medicine
HEALTHY FIRST NATIONS

All registrants will receive dri performance shirts.
Register early to ensure your size will be available on race day.

Packet Pickup and Late Registration

Registration and early packet pickup is available Friday, April 25th from 8:00am - 4:30pm at the William Seneca Building, 2nd Floor Planning Department 12837 Route 438, Irving, NY 14081
Late registration and packet pickup is also available on race day from 9:30am - 10:30am.

Awards:

The top male and female finishers will receive medals as well as the top three finishers in each age group. The walk is not competitive.

This race supports Food Is Our Medicine Project sponsored by Seneca Diabetes Foundation

Entry Fees

Yes, I would like to run/walk:

- \$15 (18 and under & 60+)
 \$20 (before 4/14)
 \$25(4/14 and after)

No, I'm not interested in the run/walk, but I would like to make a contribution:

- \$25 \$50
 \$ _____

Email:
ken.parker@sni.org

Make checks payable to: Seneca Diabetes Foundation
Mail to: 12837 Route 438 Irving NY 14081

Seneca diabetes foundation
Strong in spirit. Strong in body.



<input type="text"/>		<input type="text"/>	<input type="text"/>			
Last Name		First Name	M.I			
<input type="text"/>						
Number and Street						
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>			
Town/City	State	Zip/Postcode	How did you hear about the race?			
Shirt size: Circle one						
<input type="text"/>						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Check one: <input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Sex	Age	Birth Date	Run	Walk	Email	Phone

Emergency Contact Name:

Phone:

I know that running or walking in a road race is a potentially dangerous activity. I should not enter and run/walk 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 run. I assume all risks associated with running or walking in this event including, but not limited to, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the 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 formally waive and release the Fall Festival Committee, the 5k Walk and Run Committee, the Town of Irving and all race sponsors, supporters and officials, their representatives and successors from all claims of liabilities of any kind arising out of this event for any legitimate purpose.

Signature

Date

Parent/Guardian if under 18

Food Is Our Medicine
5k
Run/Walk
Sponsored by
Seneca
Diabetes
Foundation