



Our event is Sanctioned by USATF.

Our event will be chip
timed by PCR Timing.



MAIL-IN REGISTRATION: \$18 Mail In Entries
Must be postmarked by April 14, 2010.

ONLINE REGISTRATION: \$20 Online Entries
open through 8 pm on April 16th, at:
www.USATF-Niagara.org/events

MEDVED



RUNNING & WALKING OUTFITTERS

PACKET PICKUP & LATE REGISTRATION:
\$25 Late Entries open 10-5 pm on Saturday,
April 17th at Medved Running & Walking, 3400
Monroe Avenue.

RACE DAY PACKET PICKUP & LATE

REGISTRATION: \$25 Late Entries at Meridian
Centre Park, 2025 Winton Road South.

T-SHIRTS: T-shirts are guaranteed to the first
500 entrants or all registration forms post-
marked by April 14, 2010. A limited number of
t-shirts will be on sale event day.

AWARDS: 5 km Run Awards to top 3 Male &
Female overall, top Masters Male & Female,
and top 3 Male & Female in the following age
groups: 19 & under, 20-29, 30-39, 40-49, 50-
59, 60 & over. Walk Awards to the top 3 fund
raisers.

If you are not able to participate as a walker or
runner, please consider a tax deductible
contribution to Parkinson's Support Group of
Upstate New York. We are a 501 (c) 3
charitable organization.



Parkinson's Support Group
of Upstate New York
a chapter of the
National Parkinson Foundation

P.O. Box 23204
Rochester, NY 14692

(585) 234-5355

www.psgny.org

2010 Parkinson



Canal Run & Walk

Sunday, April 18, 2010

7:30 am Registration

9:00 am * 5 km Run

10:00 am * 1.5 Mile Walk

Meridian Centre Park

2025 Winton Road South

Brighton, New York



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of Upstate New York
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National Parkinson Foundation

P.O. Box 23204
Rochester, NY 14692

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Our Mission:

Support people with Parkinson's disease and their care partners.

Educate the community about Parkinson's disease.

Find a cure.

PSGUNY is a 501 (c) 3 charitable organization.

Donation Pledge Form-If you have more than four Donors, visit www.psgunyny.org for Supplemental Pledge Form.

#1 Donor Name _____

email _____

Address _____

City/State/Zip _____

Telephone# _____

Donation Pledge to PSGUNY = _____

.....

#2 Donor Name _____

email _____

Address _____

City/State/Zip _____

Telephone# _____

Donation Pledge to PSGUNY = _____

.....

#3 Donor Name _____

email _____

Address _____

City/State/Zip _____

Telephone# _____

Donation Pledge to PSGUNY = _____

.....

#4 Donor Name _____

email _____

Address _____

City/State/Zip _____

Telephone# _____

Donation Pledge to PSGUNY = _____

Must complete Entry form, sign, & date

Name _____

email _____

Address _____

City/State/Zip _____

Telephone# _____

Age on 4/18/10 _____

Division (circle one) - Run, Walk

Sex (circle one) - Male, Female

T-shirt (circle size) - S, M, L, XL, XXL

FREE registration with \$100 or more in donations.

Run/Walk \$18 by 4/17 mail or (late \$25) = _____

Donation to PSGUNY = _____

Donation Pledge Total to PSGUNY = _____

Total Amount Enclosed = _____

Make checks payable to: **PSGUNY**

Mail to: **Parkinson Canal Run & Walk,**

PO Box 23204, Rochester, NY 14692-3204

Waiver: *In consideration for the opportunity to participate in this event I hereby remiss, release and forever discharge the sponsoring organizations, their members and any other persons staffing this event in any capacity for any claims and demands as a result of participation in this event. I also certify that I am/have trained sufficiently for this event and that I am in good physical condition.*

.....

Signature or Parent Signature if entrant under 18 Date

DATE: Sunday, April 18, 2010

START TIMES:

7:30am Race Day Registration Opens

9:00am 5 km Run/Walk

10:00am 1.5 Mile Walk

COURSES: 5 km Run— Certified to

be accurate by USATF #NY10102KL— starts and finishes at Meridian Centre Park.

1.5 Mile Walk— starts and finishes at Meridian Centre Park.

