

REGISTRATION FORM

Or register online (Adults \$25, Child \$12) at

<http://2014allysonwhitney5k.itsyourrace.com/>

Please return this form with
check payment to:

Allyson Whitney Foundation, Inc.
(to benefit the Allyson Whitney 5K)
PO Box 586, Rock Hill, NY 12775

Must be received by April 30, 2014

Or hand deliver to Race Day Registration.

Adult Name (last): _____

Adult Name (first): _____

Child 12 & under (first, last): _____

Address: _____

City: _____ State: _____

Zip: _____ Age (on race day): _____

Phone: _____

E-mail: _____

Sex: Male _____ Female _____

Birthdate: _____

Will you be running or walking in the race?

Team Name (if applicable): _____

Mail-In & Day of Race Registration: Adults: \$30,
Child (12 & under) \$12

Adult T-shirt size (circle) XS S M L XL XXL XXXL

Child T-shirt size (circle) Youth S YouthM YouthL

Signature: _____

Date: _____

Signature of Guardian (if under 18 years of age): _____

FOR REGISTRATION TO BE COMPLETE,
THE WAIVER ON THE BACK SIDE OF THIS
FORM MUST ALSO BE SIGNED.

Or register online at:

<http://2014allysonwhitney5k.itsyourrace.com/>

We cannot honor refunds —
your entry fee will help a worthy cause.

**Current Sponsors...
and More to Follow!**



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**2013 proudly featured 100+ sponsors. To
join us, contact run@allysonwhitney.org**



Allyson Whitney Foundation, Inc.
PO Box 586
Rock Hill, NY 12775
info@allysonwhitney.org

Third Annual Allyson Whitney 5k Walk/Run

Supporting Young Adults With
Rare Cancers

Mother's Day Weekend
Saturday, May 10, 2014

2014
ALLYSON WHITNEY
5K

Registration opens at 8:00 AM
Walk/Run begins at 10:00 AM

**Kauneonga Lake
Firefighter's Pavilion**

3594 New York Route 55
Kauneonga Lake, New York

www.AllysonWhitney.org

Lace up those sneakers, get a few pledges and walk/run with us at the Third Annual [Allyson Whitney 5k on Saturday, May 10](#). Enjoy scenic Kauneonga Lake and the benefits of the outdoors while supporting the Allyson Whitney Foundation, Inc. Help us give young adults with rare cancers a helping hand with a 'life interrupted' grant & contribute to innovative research studies.

REGISTRATION FEES

Online Registration:

\$25 Adults, \$12 Child 12 & Under

Mail-In & Day of Race Registration: \$30

Run or Walk for Pledges

Gather pledges and raise money for your run! Ask your friends, family & colleagues to sponsor your race. No amount is too small! Prizes awarded pledge amounts of \$250 and up. Join the Allyson Whitney 5k team on Crowdrise and create your own fundraising page at

www.crowdrise.com/awf5k

If collecting cash pledges, bring them to Race Day registration. Record pledges on any paper, but include the following: Race Participant, contributor name, and amount.

Please make all checks payable to:

Allyson Whitney Foundation, Inc.
Memo: Allyson Whitney 5k, Participant Name

The [Allyson Whitney Foundation, Inc.](#) is a 501c3 non-profit organization that empowers and fights for the interests of young adults with rare cancers. The charity primarily provides individuals with grants to ease their financial burden so that they can concentrate their energy on healing.

Race will also feature:

Paid Registration includes Pre-Race Breakfast and Zumba & Post-Race Lunch Awards Ceremony, *Delete Blood Cancer Bone Marrow Swabbing*, Sullivan County Cancer Screening Service & Pre-Post Race Massages for donations.

Purchase official AWF merchandise on-site
All Credit Cards Now Accepted



ALLYSON WHITNEY
FOUNDATION

Can't make it to the event,
but want to DONATE to the cause?

Online: www.crowdrise.com/awf5k

Via paypal: donate@allysonwhitney.org

Via check: Allyson Whitney Foundation, Inc.
PO Box 586 Rock Hill, NY 12775

All Donations are tax deductible

For more information, please contact:
run@allysonwhitney.org or
info@allysonwhitney.org

Course Measurement provided by Brain Cavanagh
Professional chip timing provided by Eagle Timing
Brochure design by Justine Zwiebel

RELEASE AND WAIVER OF MEDIA, LIABILITY, ASSUMPTION OF RISK AGREEMENT

(PLEASE READ CAREFULLY)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims I may have against the Allyson Whitney Foundation, Inc., Kauneonga Lake Fire District, Kauneonga Lake Fire Department, Town of Bethel, County of Sullivan, State of New York and any and all sponsors, their representatives, successors, assigns, employees, members. I will participate in this event as a foot entrant, I am physically fit and have sufficiently trained for the completion of this event, whichever I hereby apply for or both if I so choose, and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Participant:

Date: _____

Signature of Guardian (if under 18 years of age):

Cash Awards will be given to the first overall female and male finisher. Other awards will be given to the top 3 in each of the following female and male age groups: 13-19, 20-29, 30-39, 40-49, 50-59 and 60-over. Awards will also be given to 12 and under.