



**2010 Southern Tier 5K Walk/Run for Wishes**  
**Saturday, May 8<sup>th</sup> at 9:00 am**

Certified 5K walk/run starting at MacArthur Park, Vestal Ave in Binghamton  
Walk / Run proceeds benefit Make-A-Wish Foundation<sup>®</sup> of Central New York

**Participant Registration:**

**Runner or Walker (Must indicate one or the other):** \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_ T-Shirt: Adult S M L XL 2XL

Gender: \_\_\_\_\_

Team Captain/Team Name/Running Club: \_\_\_\_\_

**Registration Fee: By 4/26/10**

**RUNNERS ONLY:**

\$25 registration fee for runners (includes tech shirt only)

\$55 Family Cap (includes 2 shirts and unlimited registrations- immediate members only- attach all copies together)

After April 26th and race day:

\$20 for run only (some shirts may be available for sale)

**WALKERS ONLY: By 4/26/10**

**NO REGISTRATION FEE**

\$25 pledge to receive T-Shirt

After April 26<sup>th</sup> and race day, shirts may be available on first come first serve basis

Make checks payable to: Make-A-Wish Foundation<sup>®</sup> of Central New York

Credit Card Type: Visa MasterCard Discover American Express

Name as it appears on card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Mail application and payment to: Debbie Simon 5005 Campuswood Drive, East Syracuse, NY 13057

Questions? Email Race Director Chris Pilotti at [c\\_pilotti@hotmail.com](mailto:c_pilotti@hotmail.com)

Pre-registration by 4/26/10.

**Waiver:**

Please accept my registration for the 2010 Walk/Run for Wishes. I hereby state that my physical condition is sufficient to safely complete this Walk/Run. I, myself, my executors, administrators and assignees, do hereby and discharge the Make-A-Wish Foundation<sup>®</sup> of Central New York, its officials, sponsors, and volunteers from damages or injuries occasioned by my participation in this event. I also authorize the use of any photographs, videotape, and/or quotations from me taken during the event for any and all purposes associated with the Make-A-Wish Foundation<sup>®</sup> of Central New York. My signature certifies that I have read all terms and conditions of this release and do not intend to be legally bound thereby.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under 18 years of age) \_\_\_\_\_ Date: \_\_\_\_\_



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Sponsor Sheet

(Checks payable to Make-A-Wish Foundation® of Central New York)

Grand Prize for the team/individual raising the most in sponsorship

Sponsor Name	Contribution
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

Registration opens at 8:00 am

5K Walk/Run Route

Starts west on Veterans Avenue; West on Vestal Ave; South on Ivanhoe Rd.; West on Audubon Ave; North on Clubhouse Road; East on Lennox Dr.; East on Vestal Ave onto Veterans Ave onto MacArthur Track  
This race is run on city streets with traffic so please no dogs allowed at this event!

5K RUN AWARDS

Awards for male and female  
Open and Masters Division  
Age/Sex group winner awards

WALK AWARDS

Top Team and Top Individual

Entry forms also available at [www.makeawishcny.org](http://www.makeawishcny.org) and [www.triplecitiesrunnersclub.org](http://www.triplecitiesrunnersclub.org)  
Register online at [www.maw.kintera.org/binghamtonrunforwishes2010](http://www.maw.kintera.org/binghamtonrunforwishes2010) after February 15, 2010

This race is a Soles4Souls drop point- be sure to bring your old running shoes to donate!