

*Presents the 25th Anniversary
Thanksgiving Day
Run & Walk to End Hunger*



Utica Parkway Ski Chalet
220 Memorial Parkway

Door prizes to be drawn after the event.

Proceeds to benefit local
nonprofit food pantries.

Events: 5K run,
2 mile walk,
1/4, 1/2 kid's run

Registration Race Day Only:
7:30-8:45 a.m.

Start Times:

Kid's run—8:50 a.m.
5 K run, 2 Mile walk—9:00 a.m.

DONATION:

\$5.00 per person
\$15.00 family maximum
PLUS two non-perishable
food items per person.

For more info call : 793-0955

*Kogut Electric, Kids Teeth Only, Facility Management Resources, C. Lewis Tomaselli
Sponsors: Chuck and Jan Silverman, Hanger Orthopedics, Cohen & Cohen LLP,*

Architects, The Dental Arts Office, FJ Puglise, Dan Mehan St. Farm Insurance, Excellus, John Howard CPA. Dr. Thomas Webb, Beebe Construction

25th Annual Thanksgiving Day Run/Walk, November 26, 2009

I know that running a road race is a potentially hazardous activity. I should not enter and run if I am not 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 this event, including but not limited to, falls, contact with other participants, weather, traffic, and conditions of the road. Having read this waver and knowing these fact and in consideration of accepting my entry, I for myself, and anyone entitled to act on my behalf, waive and release the **Utica Road Runners**, the **City of Utica** and **all sponsor, their representatives and successors** from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waver.

PLEASE PRINT:

Name _____ Age: _____

Signature: _____ email: _____

Parent/Guardian (if under 18): _____

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