

FAMILY SERVICES INCORPORATED 10K-5K RACE & WALK

RACE INFO

When: Sunday, May 31, 2009 (Rain or Shine)

Where: Penn State Altoona
Start/Finish Line in parking lot near
the Chapel - follow signs

Start:	10K Run	8:00 AM
	5K Run	8:00 AM
	5K Walk (3.1 Miles)	8:00 AM
	Lollipop Race	8:00 AM
	(Age 3-10)	

REGISTRATION INFO

Packet pick-up and Late Registration - 7:00 AM

Short sleeved t-shirt guaranteed to first 250 entrants

Online Registration at www.familyservicesinc.net/race

Print out additional entry forms online

CORRESPONDENCE

Family Services Incorporated 814-944-3583 x705
Website www.familyservicesinc.net
Email race@familyservicesinc.net

COURSE

A scenic rolling hill, loop course around Penn State Altoona. Course certified by 'USA Track & Field - Road Running Technical Council'. Certification Code PA 04002 WB and PA 02011 WB

DIRECTIONS

From East or West: take US22 to Interstate 99 (North), exit I-99 at 17th Street, follow 17th Street to 12th Ave., turn right on 12th Ave. 12th Ave. turns into Chestnut Ave., stay on Chestnut Ave. and follow signs for Penn State Altoona.

From North or South: take Interstate 99, exit I-99 at 17th Street, follow 17th Street to 12th Ave., turn right on 12th Ave., 12th Ave. turns into Chestnut Ave., stay on Chestnut Ave. and follow signs for Penn State Altoona.

WALK TO STOP VIOLENCE AGAINST WOMEN

Not a runner? Come out and walk to Stop Violence Against Women. Every 10 seconds a woman is assaulted in the United States by a stranger, a friend or most likely a partner. Show your support for women across America and ask your family to join you in a Fun walk (3.1 Miles) through the beautiful Penn State Altoona campus area. Help us Stop Violence Against Women.

AWARDS

Trophies will go to the top 3 male/female finishers, and the 1st Master male/female finisher.

Medals will go to the top 3 male/female finishers in each of the following age groups:

- 11 and under
- 20-24
- 35-39
- 50-54
- 65 and over
- 12-15
- 25-29
- 40-44
- 55-59
- 16-19
- 30-34
- 45-49
- 60-64

No medals or trophies will be awarded in the Fun Walk

ELECTRONIC TIMING

The 2009 Family Services 10K-5K Race & Walk is the only local race in its category that uses the electronic Champion Chip timing system. All the participants will wear a soft, adjustable Velcro ankle band with a small computer chip.

(Champion Chip needs to be returned at the finish line or you are responsible for a \$35 replacement fee.)



REGISTRATION

Chip#: _____

Last Name: _____

First Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ AM/PM

Email Address: _____

Gender: Male Female Race Day Age: _____

Event Entered: 10K Run 5K Run
 Lollipop Race 5K Fun Walk (3.1 Miles)

Fees & Entry Deadlines: *postmarked or online*

10K-5K Race & Walk registration no later than May 20, 2009 \$15.00

10K-5K Race & Walk registration after May 20, 2009 or race day \$20.00

Lollipop Race \$10.00

Amount Enclosed: _____

Make Checks Payable to: **Family Services Incorporated**

T-Shirt Size: M L XL XXL

Mail to: Family Services 10K-5K Race & Walk
2022 Broad Avenue
Altoona, PA 16601



(All entrants must complete a form and sign this release to participate.) In consideration for accepting this entry and granting the right to participate in this event, I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and any claims for losses and damages I may have against the sponsors, coordinating groups and individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with the said event. Also, none of the above are responsible for the loss of personal items or any form of aggravation in connection with the said event. I represent and affirm that I am in proper physical condition to participate in this event verified by a licensed physician, and have sufficiently trained for the completion of this event. I give my permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. I also hereby consent to permit emergency treatment in the event of injury or illness. I agree that should I fail to return my Champion Chip timing band, I will be responsible to reimburse Family Services Incorporated a \$35 replacement fee. The undersigned has read and voluntarily signed this release and waiver.

Signature

Date

Parent/Guardian must sign if Entrant is under 18 years of age.



2009

10K - 5K RACE & WALK

Family Services Incorporated, a non-profit organization, provides victims with a coordinated community response to insure justice and safety for all victims of domestic violence and sexual assault. This agency is able to provide these services with the support of STOP Violence Against Women. The money raised from the 10K - 5K Race and Walk enables Family Services Incorporated to receive matching funds from the STOP Grant Program.

Family Services' Involvement – STOP Violence Against Women Grant has been administered by Family Services Incorporated since 1998.

Purpose – The mission of the STOP Grant is to coordinate services between law enforcement, prosecution and victim services in Blair County.

History – The STOP Violence Against Women Grant is a federal program of The Violence Against Women Act and is supported by the Blair County Commissioners. This program is also monitored by the Pennsylvania Commission on Crime and Delinquency.

Community Involvement – A Task Force of community leaders provides state-of-the-art equipment, education seminars and innovative services for law enforcement, prosecution, victim services and all victims of violence.

Innovative New Programs – The STOP Grant Task Force is responsible for the development of the Sexual Assault Forensic Examiners Program (SAFE) and Protection from Abuse Database (PFAD) in Blair County.

The STOP Grant has helped to strengthen Blair County's criminal justice system response to violence against women by drawing on the expertise of all players in the system. Furthermore, it has provided the opportunity for the County to develop a comprehensive set of strategies to deal with the problems of violent crimes against women including domestic violence, sexual assault, and/or stalking. The professional relationships that have been forged as a result of receiving this grant are an invaluable asset to our community.

SPECIAL THANKS

- Altoona Police Department**
- Logan Township Police Department**
- Blair County Fire Police**
- Pennsylvania State Police**
- Penn State Altoona Police**



2009

10K - 5K RACE & WALK

at

**Penn State Altoona
Sunday, May 31, 2009**

*Walk or Run
To Stop Violence
Against Women*



Family Services
INCORPORATED
2022 Broad Avenue, Altoona, PA 16601

**Walk or Run To Stop
Violence Against Women**

Non-Profit Org.
U.S. POSTAGE
PAID
Altoona, PA
Permit No. 159