

2010 FAMILY SERVICES INCORPORATED 10K-5K RACE & WALK

RACE INFO

When: Sunday, May 23, 2010 (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 (Age 3-10) 8:00 AM

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

AWARDS

Trophies will go to the top 3 male/female finishers.

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

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

No medals or trophies will be awarded in the 5K Walk

TEAM TROPHY

One team trophy will be awarded to the team with the highest number of points. Points are determined by the following criteria:

1. Total number of participants - 1 point for each member running and/or walking in any of the events.
2. Best Spirit - 10 points to the top team and 5 points to the 2nd place team.

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 5K Walk (3.1 Miles) through the beautiful Penn State Altoona campus area. Help us Stop Violence Against Women.

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

ELECTRONIC TIMING

The 2010 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.)

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.



REGISTRATION

Last Name: _____

First Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ AM/PM

Email Address: _____

Co./Team Name (if applicable): _____

Gender: Male Female Race Day Age: _____

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

Fees & Entry Deadlines: *postmarked or online*

10K-5K Race & Walk registration no later than May 13, 2010 \$18.00

10K-5K Race & Walk registration after May 13, 2010 or race day \$22.00

Lollipop Race \$10.00

Amount Enclosed: _____

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

T-Shirt Size: S 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.

*Walk or Run
To Stop Violence
Against Women*

Family Services
INCORPORATED
2022 Broad Avenue, Altoona, PA 16601
RETURN SERVICE REQUESTED



2010



10K - 5K RACE & WALK

**Sunday, May 23, 2010
Penn State Altoona**

**Join
Joe Beeler,
Honorary
Chairperson**



*Walk or Run
To Stop Violence
Against Women*

All proceeds benefit
Family Services Incorporated
2022 Broad Avenue, Altoona, PA 16601
814-944-3583 x705
Website: www.familyservicesinc.net
Email: race@familyservicesinc.net

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



2010



10K - 5K RACE & WALK

Dear Friends of Family Services:

As the event chairperson, I am asking for your support. Join Joe Beeler, Honorary Chairperson, and myself as we work together to help stop violence against women in Blair County, a cause that is very important to both of us.

Last year alone, Family Services served over 2000 Victims of Domestic Violence and 3500 Victims of Sexual Assault and other crimes.

With decreased funding for both programs, it is especially important for the community to show support this year, so that Family Services can continue to provide the same amount of quality care to victims served.

Your participation at this event will demonstrate to our community that you also want to stop violence against women.

Dust off your tennis shoes and join us by walking or racing on Sunday, May 23rd!

Jacqueline Bernard
Event Chairperson

SPECIAL THANKS

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