15th annual

Laurel Run

* 8-Kilometer Running Race *(9:00 a.m.)*
* 5K Walking Race/Fitness Walk *(8:30 a.m.)*
* 1K Fun Walk *(8:30 a.m.)*
* Children's Runs *(10:15; age 7 and younger)*
* "Laurel's Lap" *(10:25; for anyone with a disability)*

Saturday, July 16, 2011
Silver Creek, NY

TRC FOUNDATION

Proceeds from Laurel Run go to TRC Foundation, Inc. to fund disability awareness and prevention programs in Chautauqua County. Funds also are used to enhance employment and work training opportunities for adults with disabilities in our community, allowing them to know the feelings of pride and self-respect that come from earning real wages for performing meaningful work. Last year, we netted $24,177 — help us beat that total in 2010!

Laurel Run Entry Form

*(OR register online at **www.laurel-run.org**!)*

Last Name ____ First Name ____ Initial ____

Number and Street ____

City, Village or Town ____ State or Province ____ Zip or Post Code ____

Phone ___-___-____ E-mail Address ____

Date of Birth (example: 07/16/2000) ____ Age on 7/16/11 ____ Gender ____ Shirt: Youth M ☐ Youth L ☐ S ☐ M ☐ L ☐ XL ☐ 2X ☐ 3X ☐

I will participate in: 8k Run ☐ 5k Walk ☐ 1k Walk ☐ Children's Runs ☐ Are You Part of a Team? Yes ☐ No ☐

Team Name ____ Race Use Only ____

$15 until July 11; $20 after. (Make check payable to **TRCF/Laurel Run** and mail to: TRC Foundation, 200 Dunham Avenue, Jamestown, NY, 14701.)
FREE ENTRY if you raise $50 in pledges, plus incentives if you raise even more money. Visit www.firstgiving.com/trcfoundation to set up your personal fund-raising page!

NOTE: Thanks for supporting people with disabilities by participating in Laurel Run! $5 of your entry fee will be directed to our annual membership campaign, and as a member you are entitled to discounts at dozens of area businesses. If you do NOT want to be a member of TRC, check this box. ☐

Injury Waiver

I know that participating in Laurel Run is a potentially dangerous activity. I should not take part in Laurel Run unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely participate in Laurel Run. I assume all risks associated with participating in this event, including but not limited to contact with other participants, falls, weather conditions including humidity and temperature, traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release TRC Foundation, The Resource Center, Laurel Run organizers, sponsors, and volunteers and their employees, agents and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to any or all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature ____ Signature of parent or guardian if participant is under 18 ____