



**15TH ANNUAL
Sunset House 5K Run and Fitness Walk
Saturday, May 27, 2017, 9:00 a.m.**



Course Description

The 5-kilometer (3.1 mile) is a flat, fast loop course through residential neighborhoods, starting and finishing at the Irondequoit United Church of Christ, 644 Titus Avenue.

Entry Fee and Awards

\$20 pre-registration until May 19, 2017, \$25 post-entry and on race day. T-shirts to first 400 registrants. Entry fee is non refundable. Proceeds benefit the Sunset House Hospice. Awards to Top Overall Male/Female and Top Male/Female Masters. Age group awards from 14 and under to 80 and over.

Registration and Packet Pick Up

At the Irondequoit United Church of Christ, 644 Titus Avenue on Friday, May 26th, from 5:00 p.m. to 7:00 p.m. and on race day from 7:00 a.m. to 8:30 a.m.

Parking

Limited parking at Irondequoit United Church of Christ. Additional parking within walking distance.

OFFICIAL RACE ENTRY FORM

Enter all information below, including shirt size, and sign waiver, which is required to participate.

Name _____ Age _____ Male Female

Address _____ City/State/ ZIP _____

Date _____ Email address: _____

I am registering for the: 5K Run 5K Fitness Walk

Shirt Size: S M L XL 2XL ENTRY FEE ENCLOSED: \$ _____

I would like to make an additional tax-deductible donation to Sunset House in the amount of \$ _____

Mail Entry To: Sunset House 5K, 3746 St Paul Blvd, Rochester, NY 14617

Make checks payable to: *Sunset House 5k*

E-mail for more information: *brooksgc@rochester.rr.com or patti22@frontiernet.net*

Official race website: www.sunsethouse.info.

RACE WAIVER – PLEASE READ AND SIGN TO PARTICIPATE

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road, all such risks being known and understood by me, having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Sunset House, the Irondequoit United Church of Christ, Town of Irondequoit, sponsors and agencies and municipalities, their representatives, and successors for all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of participant

Signature of parent/guardian of participant under 18