



Special thanks to:

The Town of Irondequoit
 St. Paul Blvd. Fire Department
 Irondequoit Police Department
 Irondequoit United Church of Christ

THANK YOU TO OUR 2018 SPONSORS

IRONDEQUOIT ROTARY
 J.T. GENIER SECURITY SERVICES
 IRONDEQUOIT ANIMAL HOSPITAL
 HOWARD HANNA REAL ESTATE SERVICES
 CHIROPRACTIC ASSOCIATES OF ROCHESTER
 JOHN & LAURIE WITMEYER
 R.W. LINDSAY, INC.
 MICHAEL J. HOLMES, MD
 THE COMMUNITY FOUNDATION
 LOGICAL OPERATIONS
 WALTHER REAL ESTATE, INC.
 IRONDEQUOIT LIONS CLUB
 GEORGE AND BOB'S SERVICE
 LAKESIDE DELI & MORE
 ANIMAL HOSPITAL OF PITTSFORD
 B&B AUTOMOTIVE
 WEST IRONDEQUOIT PHYSICAL THERAPY
 KD BREEN D/B/A HERREMA'S MARKET PLACE2
 TRILLIANT JEWELERS
 SALONROC, INC.
 GALAXY NAIL & SPA
 SIPS COFFEE & CAFE
 CORDELLOS IRONDEQUOIT, INC.
 DRAWBRIDGE WINE AND LIQUOR
 ENCORE CHOCOLATES, INC.
 NEW EAST STAR RESTAURANT
 ANNE'S CONSIGNMENT CONNECTION

THANK YOU TO OUR 2018 IN-KIND DONORS

2 TON TONY'S
 I-SQUARE
 MURPH'S IRONDEQUOIT PUB
 TOPS MARKETS
 GENRICH'S GARDEN CENTER
 HUDSON TITUS SERVICE LLC
 PALMER FOOD SERVICES
 TINY FISH PRINTING
 BYRNE DAIRY
 SEABREEZE AMUSEMENT PARK
 BAGELS, ETC.
 PEPSI BEVERAGES COMPANY
 CANANDAIGUA QUICK PRINT
 THE REUNION INN
 MCALLISTER SIGNS
 DAVID SEELEY
 SYNERGY THERAPEUTIC MASSAGE
 ADAM BELLO
 JOHN PERTICONE

RACE ENTRY FORM ENCLOSED

**17th Annual
 5K Run and
 Fitness Walk** **Saturday,
 May 25, 2019
 9:00 a.m.**



**Irondequoit United Church
 of Christ
 644 Titus Avenue
 Irondequoit, NY**

www.sunsethouse.info



Saturday,
May 25, 2019

9:00 a.m.
5K Run and
Fitness Walk

For more
Information visit:
www.sunsethouse.info

Supporting hospice care for the long run

Now in its seventeenth year, the Sunset House 5K has something for everyone: a fast, challenging, 3.1 mile course, plenty of food, refreshments and prizes—all within a fun and friendly family atmosphere.

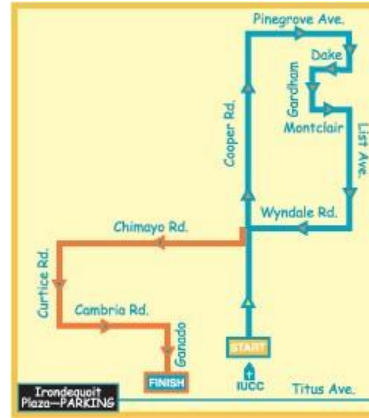
All proceeds from the race go to Sunset House which provides alternative living arrangements for local residents who are unable to receive hospice care services in their own homes. Focusing on quality of life rather than quantity of time, Sunset House supports the physical, emotional and spiritual needs of its residents, allowing them to maintain control during an important time of transition. Whether you're a runner, walker—or somewhere in between—please join us on May 25th -- and put your best foot forward for a great organization.

Event Sanctioned
by USATF



COURSE DESCRIPTION

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



ENTRY FEE

There is a \$20 early entry fee for all applications received by May 17, 2019. A \$25 fee will apply to all applications received after this date and on race day. Official race t-shirt to first 400 registrants. **Entry fee is nonrefundable.**

RACE PACKET PICK UP

You may register and pick up your race packet at the Irondequoit United Church of Christ, 644 Titus Avenue on Friday, May 24, from 5:00 p.m. - 7:00 p.m. and on race day from 7:00 a.m. - 8:30 a.m.

AWARDS

Awards will be presented to the overall male and female winners as well as to each 5-year age group winner from 14 and under to 80 and over.

RACE AMENITIES

- DAG automated timing by PCR Timing
- Water Station on Course
- Post-race awards ceremony
- Plenty of food & refreshments for runners & walkers

PARKING

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

2019 GRTC Runner of the Year Series



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 _____

E-mail _____

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

Shirt Size: S [] M [] L [] XL [] 2XL []

Pre-registration Fee (postmarked by May 17, 2019)—\$20.00

Post and race-day Registration Fee—\$25.00

[] 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, N.Y. 14617

Make checks payable to: Sunset House 5K

E-mail for more information:

patti22@frontiernet.net

Visit our website at 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 Hospice, the Irondequoit United Church of Christ, Town of Irondequoit, County of Monroe, USATF, its subsidiaries & their respective employees, directors, assigns & USATF Certified Officials, USATF Niagara, 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 years of age _____

USATF Member # (if Applicable): _____