



**19TH ANNUAL
Sunset House 5K Run and Fitness Walk
Saturday, October 16, 2021, 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

\$25 pre-registration postmarked by October 7, 2021, \$30 post-entry and on race day. T-shirts to first 400 registrants. **Entry fee is non refundable.** Proceeds benefit the Sunset House Hospice. 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 for live race.

Registration and Packet Pick Up

**Thursday, October 14, 4:00 - 7:00 pm Rochester Running Co. – 1387 Mt. Hope Ave.
Friday, October 15, 5:00 - 7:00 pm – Irondequoit United Church of Christ – 644 Titus Avenue**

Race Day, October 16, from 7:00 am to 8:30 am

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: *patti22@frontiernet.net*

Official race website: *www.sunsethouse.info*

**PLEASE READ RACE WAIVER AND RETURN WITH ENTRY FORM
WAIVER MUST BE SIGNED TO PARTICIPATE!**