Kinney Drugs FOUNDATION

33rd Annual EDWARD I. MOSES WALK/RUN FOR LIFE

Sunday, May 1st, 2011 Official Start at 11:30 a.m.
"Help Fight Cancer & Protect Your Health in St. Lawrence County"

www.walkrunforlife.com

Make checks payable to: Edwards I Moses Walk/Run

SPONSOR'S NAME	Total Amt. Collected
SUBTOTAL $	

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BRING ENTIRE FORM TO REGISTRATION

IN ORDER TO REGISTER FOR THIS EVENT YOU MUST SIGN THIS WAIVER

In consideration of my entry being accepted intending to be legally bound, I so hereby by myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights for claims and damages, which may have and which may hereafter accrue to me against the Edward I. Moses Walk/Run for Life Committee Inc., Kinney Drugs Foundation, St. Lawrence University event organizers for damages which may be sustained and suffered by me in connection with my association with sponsors for entry in this event.

Date of Birth _____ Signature _____ Signature (Parent or Guardian if under 18) _____

Name _____ Number of Years Participating in Event _____

Address _____ Number of Consecutive Years in Event _____

City _____ State _____ Zip _____ Phone Number _____

My walk in memory of _____ or dedicated to _____

I am walking as part of a School

Name of School _____

OR

I am walking as part of a Team / Group

Name of Team / Group (Non-School) _____

Edward I. Moses
"WALK/RUN FOR LIFE" INSTRUCTION SHEET
Past Recipients - $100,000 awarded from 2010 event

Hospice of St. Lawrence Valley • Gouverneur Women Breast Cancer Walk Fund
Public Health Department: Cancer Services Program – St. Lawrence County
Richard E. Winter Cancer Treatment Center – Ogdensburg
Massena Memorial Cancer Treatment Center – Massena
Paul S. Warner Cancer Treatment Center – Potsdam
St. Lawrence County Health Initiative
Ryan's Wish Foundation
The EJ Noble Hospital

DATE: Sunday, May 1st, 2011

REGISTRATION: 10:00 - 11:30

TIME: Official start 11:30 a.m. - pace yourself - non-competitive finish by 1:30 p.m.

RECOGNITION & GRAND PRIZE DRAWINGS Following completion walk/run at 2:00 p.m.

PLACE: **Appleton Arena, St. Lawrence University, Canton.** Start and finish at same place.

ROUTE: 1 to 10 miles on Ferguson Trail (1.0 mile per lap, Woods Loop 1.3 mi.) or outdoor track .25 mile per lap.

GOAL: Collectively Raise Seventy-Five Thousand Dollar + for the fight against Cancer.

WHO: Individuals, senior citizens, schools, classes, groups, (i.e. firemen, sororities, fraternities & civic organizations) and families, are encouraged to participate. You can run, walk, bike, jog, push a stroller, etc. **EACH PERSON REGISTERS INDIVIDUALLY!**

NOTES: *There will be a minimum **$25** entry or Sponsor fee. Checks payable to **EDWARD I. MOSES WALK/RUN.**

You are responsible for getting sponsors before walk/run. A verbal contract is to be arranged between participant and donor as to miles covered and dollars given. **All donations should be turned in at registration.**

***Participants are asked to collect money at time of solicitation. Money is to be handed in May 1st before walk/run so that prizes/awards can be given upon completion.**

MUSIC: During run by MIX 96.1

AWARDS DINNER: Wed. May 4th 6:00pm, Lobster House, Norwood.

INDIVIDUAL AWARDS: to All Registered Participants

$25 Level	* Participation Mementos (Goodie Bag) - 1st 350 registrants
	* Refreshments during Event by various sponsors
	* Movie Pass - JS Cinemas
$50 Level	* Above Awards Plus, Commemorative T-Shirt
$100 Level	* Above Awards Plus, 1 Chance FOR EACH $100 raised to Win one of the grand prizes plus 1/2 gallon ice cream from Stewart's Shops.
$200 Level	* Above Awards Plus, $25 Gift Certificate from MVP Sports, Potsdam
$400 Level	* 52 Breakfast English Muffin Melts & 16 oz. Coffee at St. Lawrence County Subway Restaurants.
$500 Level	* A 12 pack of a Pepsi product each month for six months
$600 Level	* Buy one grand buffet, get 2nd grand buffet free each month for a year given by Potsdam Ponderosa
	* 52 6" subs at St. Lawrence County Subway Restaurants.
$1,000 Level	* Additional - 1/2 gallons of ice cream from Stewart's Shops

All persons raising $1,000, names will be placed on **Edward I. Moses Walk/Run for Life Silver Elite Plaque Douglas C. Hartson Sr.** Award to Top Fundraiser.
Roscoe Stowell Jr. Award to top student fundraiser.
Duane Garrow Award to top fundraiser ages 13 and under.
Terri Curtis Award to participants reaching $10,000 raised in the event.

GROUP AWARDS & SPECIAL RECOGNITION:
* To school returning most money: **Ryan Saidel**, Trophy presentation.
* **Richard E. Winter** Award for top fund raising group (non-School).
* Names of persons with dedication and memorial amounts of $500 will be engraved on the **Grace Dyke-Ware** plaque to be displayed annually.
* **Bonnie Hayden** Award to 2nd place school group.

FOR 2011 EVENT:

1. More information may be obtained by calling:
   262-2425 Warren Dyke — 379-1631 Joyce Lilholt
   386-4563 Canton Kinney Drugs — 287-7225 Nancy G. Garrand
   244-1801 Kellie Hitchman — 265-0446 Coralee Wallen
   769-3594 Mix 96.1 — 386-5257 Gary Coloton
2. **This year every sponsor of your participation for at least $20 will be entitled to one similar commemorative T- shirt that you will pick up at registration and then take to them.**

See our website at *www.walkrunforlife.com*

2011 Edward I Moses Walk/Run Sponsors

C - Canton, G - Gouverneur, M - Massena, N - Norwood, O - Ogdensburg, P - Potsdam, W - Waddington

Kinney Drugs Foundation, Subway Restaurants, Stephen's Media Group - Mix 96.1, 101.5 The Fox, 1340 WMSA, Yes FM, 96.7, PAC 98.7, Q Country 102.9, Community Bank, Pepsi of Ogdensburg, North Country Savings Bank, Great Northern Printing, Numed, Mort Backus & Sons, Potsdam Ponderosa, Barstow Motors, SeaComm Federal Credit Union, Maxcy Hall Sports Club, ACCO World Corp, Pro Act Pharmacy Services Inc., Jreck Subs (G), Bears Den Trading Post, Stewart's Shops, LeBerge & Curtis Inc., Pat Collins Real Estate, Upstate Doors - (W), NorthEastern Signs/Mike's Trophies, Ferguson Printing, RSI Roofing-(G), St. Lawrence University, MVP Sports - (P), Newvine NAPA Auto Parts - (G), Empire Northeast Inc. - (G), Save-A Lot - (P & G), Bette Cring Construction Group, St. Lawrence Gas - An Enbridge Company - (M), St. Lawrence County Newspapers, Blevins Auto Group, JS Cinemas - (C, M & P), Route 56 Drive-In, Casella Waste Services, Cindy's Cake Shop (C), Medical Health Services of NNY (P), NCC Systems (P), Canton Optical, A-1-Limo, Northern Mechanicals (N), Prime Time Services, Hartson Total Opening, Roll Lock Truss (W), Riverside Iron, TLC Realty, Chapman's Can-Am Speedway, Woodruff Block, Walmart - (M, O) North Country Rent to Own, Dale's Grocery - Dekalb Jct., Corning, Con Tech, Dairy Queen - (C), Emerald Green Golf Course - (G), Gouverneur Country Club, Body Shop & Fitness Salon (P), Bovis-Lend Lease, Mountain Mart (C & M)

"Help us Celebrate our 34th Annual event to be April 29th, 2012!"

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