



## 3<sup>rd</sup> Annual 5K Run / 3K Walk

Saturday, October 23, 2010

9:30am

Shaker High School

Latham, NY

This event is held each year in memory of Anne S. Rosenthal who died of colon cancer in October 2007 at the age of 55. All proceeds from this race will go towards the Anne's Quest Foundation whose mission is to raise funds to benefit cancer research and awareness as well as to assist with the quality of life and financial support of those touched by the disease.

**Runner's Course Map:** [http://www.annesquest.org/2010\\_Race\\_Details.html](http://www.annesquest.org/2010_Race_Details.html)

**Pre-Registration Fee:** \$20.00 **Pre-Registration Deadline:** October 16, 2010

**Day of Race Registration:** \$25.00 **8am-9am on Day of Race**

**T-Shirts:** First 350 entrants will receive a complimentary long-sleeve t-shirt!

**Directions:** Take exit 5 off the Northway Rt. 87. Take a left onto Watervliet-Shaker Rd (Rt 155). Stay straight for approximately 2 miles. Turn left into Shaker High School.

**Packet Pick-up:** All packets can be picked up the morning of the race from 8am-9am

**Race Day Activities:** Raffles, music, food and more!

To register for the event online or to get more information on our foundation, please visit our website at [www.annesquest.org](http://www.annesquest.org) or contact Erin Sullivan at [erinsullivan@annesquest.org](mailto:erinsullivan@annesquest.org).

In addition, if you are unable to make the event or want to contribute to our cause, donations are welcomed and greatly appreciated. Check the website above for address and contact information.

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### Registration Form – Anne's Quest 5K Run / 3K Walk

Registration Fee: \$20.00

Please make checks payable to the "Anne's Quest Foundation" and mail to:  
Anne's Quest 5K Run / 3K Walk, AREEP, PO Box 38195, Albany, NY 12203

Name: \_\_\_\_\_ DOB \_\_\_\_\_ Age on 10/23/10 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Gender:  Male  Female

Course:  Run  Walk

How did you hear about our event?:  Word of Mouth  Past Participant  Online Ad  Other \_\_\_\_\_

T-shirt size (please circle one): S M L XL

Please read and sign: I, the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for damages I might have against the race organizers and sponsors for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on October 23, 2010. I attest and verify that I am physically fit and sufficiently trained for the completion of this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_