

RUN FOR RECOVERY 2015

FOR

IN MEMORY OF GAVIN TEDFORD (1984-2014)



SATURDAY, SEPTEMBER 12, 2015 - 9 A.M.

EVENT CHECK IN BEGINS AT 6:30 A.M. @ JEFFERSON COUNTY FAIRGROUNDS

\$20 Individual Pre-Registration, \$105 teams of six (6)

Military & Student Discount (\$18 individual/\$96 team)

(Register by 8/24 to guarantee T-Shirt & Gift Bag)

\$25 Same Day Registration (No Discounts)



Brought to You in part by



7th Annual Run for Recovery

5k / 10k Run or 5k Walk

www.WatertownUrbanMission.com

PROFESSIONALLY TIMED WITH
PRIZES IN 7 AGE CATEGORIES!
SAFE, WELL MANAGED COURSE



FAMILY FUN - FREE LUNCH,
FREE FACE PAINTING, MUSIC!
SILENT AUCTION & MORE

Dogs will not be permitted at this public event in accordance with Section § 81-5 of the City of Watertown Code

To Register: Send Check/Money Order payable to Watertown Urban Mission, or Register Online

Mail to: 247 Factory St., Watertown, NY 13601 or click on "register here" at: www.WatertownUrbanMission.com

Name: _____ Team Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____ Amount Included: \$ _____

Event (Circle): 5k Walk 5k Run 10k Run Age (Day of Race): _____ Sex (Circle): M F

T-Shirt Size (Circle): S M L XL XXL XXXL Team (Circle): Y N Military/Student (Circle): Y N

Waiver of Liability: Please enter me in the Watertown Urban Mission's Run for Recovery, a professionally timed run/walk. I am participating at my own risk and waive all claims of every nature against organizers, officials, volunteers, and sponsors in respect to personal loss or bodily injury resulting from participating in this event. I also fully understand the rigors of such an activity. I have prepared myself physically for the race and assume the risk of injury. Yellow Jacket Racing holds no liability.

Signature: _____ Date: _____

(parent/guardian if under 18)