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Find us online:
www.twintierskomen.org

 **Facebook** Susan G. Komen for the Cure - Twin Tiers Regional
 **Twitter** komentwintiers

REGISTRATION

Register and pick up Race packets at our Arnot Mall Registration Center on the following dates:

- Thursday, May 12, 4 p.m - 9:00 p.m.
- Friday, May 13, 5:30 p.m - 8:00 p.m.
- Saturday, May 14, 11:00 a.m. - 1:00 p.m.

On Race Day, registration and pick packet pick up will be available from 7:00 a.m. to 8:00 a.m. as follows:

- Non-competitive participants - visit tent in ATM lot
- Competitive runners - timing chips and materials available in the bank lobby
- Race day registration is \$25 for competitive; \$20 for non-competitive events.

RACE DAY SCHEDULE

- 7:00- 8:00 a.m. • Registration / Timing Chip Pickup
- Survivor Breakfast
- 8:00 a.m. • Ecumenical Service
- 8:45 a.m. • START: 1-mile walk
- 9:30 a.m. • START: **Non-competitive** 5K run/walk
- 10:00 a.m. • START: **Competitive** 5K run
- 10:30 a.m. • Survivor Recognition / Awards

GENERAL INFORMATION

The Susan G. Komen Race for the Cure® includes a 5K walk/run and a 1-mile walk with courses that begin and end at Chemung Canal Trust Company, downtown Elmira, NY. The 5K race is certified by USA Track and Field. Insurance restrictions require that headsets, rollerblades/inline skates and pets must be excluded and are not allowed on the course. For the safety of all participants, we request that participants with baby strollers/joggers join for the 1-mile fun walk rather than the 5K event. Thank you for your cooperation.

TEAMS

Individuals representing a workplace, school, neighborhood, organization or club can enter the Race as a team. Teams benefit from enhanced convenience, and are eligible for special awards. Team Race packets are packed together so one person can pick them up. Teams MUST: have a Team Captain with contact email address; have a minimum of ten members; and register no later than May 6, 2011 (team members must complete individual entry forms and pay the individual entry fee). Register and manage your team online at www.twintierskomen.org.



Presented by 



SUNDAY, MAY 15, 2011

CHEMUNG CANAL TRUST COMPANY
One Chemung Canal Plaza (Main Office)
Downtown Elmira, NY
(corner of Baldwin and Water Streets)

5K RUN/WALK • 1 MILE FAMILY WALK

LOCAL PRESENTING SPONSOR



Register online at www.twintierskomen.org

