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DIAMOND

Backyard Broadcasting - WINK 106
Chemung Canal Trust Company
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SILVER

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Twin Tiers Women's Health Team
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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 17, 4 p.m - 9:00 p.m.
- Friday, May 18, 5:30 p.m - 8:00 p.m.
- Saturday, May 19, 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:

- Walkers - visit tent in ATM lot
- Runners - timing chips and materials available in the bank lobby
- Race day registration is \$30 for runners; \$25 for walkers.

RACE DAY SCHEDULE

- 7:00- 8:00 a.m. • Registration / Bib Pickup
• Survivor Breakfast
- 8:00 a.m. • Program begins, Ecumenical Service
- 8:30 a.m. • START: ALL runners - 5K
- 9:45 a.m. • START: ALL walkers - 5K / 1-mile ongoing
• Festivities, Survivor Recognition Awards, Dove Release


GENERAL INFORMATION

The Susan G. Komen Race for the Cure® includes a 5K run and a 5K/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, roller-blades/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 15, 2012 (each team member must register and pay online or submit a completed individual entry form with payment). Register and manage your team's fundraising online at www.komentwintiers.org.



Presented by 



SUNDAY, MAY 20, 2012

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.komentwintiers.org

