



5k race, Walk, Assisted 1k race

5k Race
7:30 am

Assisted 1k Race
7:45 am

Volunteers are needed to help with assisted bikes for the assisted 1k race!

Walk
9:00 am

Pre-register to get an event t-shirt and goodie bag!



DJ for Dancing, Bake Sale

Walk

\$ 20 - Pre-register before July 31st
\$ 25 - After August 1st

Family of 4 \$ 50 Pre-register before July 31st
(4 t-shirts and bracelets)

Accessible 1K

\$ 15 per person Pre-registration by July 31st
\$ 20 per person after August 1st

5K Run

\$ 20 per person Pre-registration by July 31st
\$ 25 per person after August 1st



Cerebral Palsy of Ulster County's 2nd Annual Accessibility Awareness Day

Sunday, August 31, 2014

Walkway Over the Hudson (Highland side)

5k: 7:30am • Walk: 9am to 1pm • Speakers: 9am

Cerebral Palsy of Ulster County is sponsoring our **2nd Annual Accessibility Awareness Day** on the Walkway Over the Hudson on Sunday, August 31, 2014 from 7:30am to 1:00pm. The day is dedicated to advocating accessible recreational space for individuals with disabilities throughout the Hudson Valley.

Please join us for the celebration at one of the Hudson Valley's most beautiful venues, the Walkway Over the Hudson. Our event planning staff has put together a full schedule for the day that will include:

- **A 5K Fun Run over the Walkway** - 7:30am
- **A 1K Challenge** - The 1K challenge is designed to offer individuals with adaptive equipment an opportunity to exercise and earn an award starting at 7:45am.
- **Opening Ceremonies and Guest Speakers** – 9:00am
- **Music From Carl the DJ** – 7:30am – 1:00pm
- **Guided Tours of the Walkway** 10:00am – 1:00pm
- **Accessible Recreation Information** – For venues throughout the Hudson Valley.

Individuals with disabilities, families, and supporters will be able to listen to guest speakers, enjoy music, tour the Walkway, and learn about accessible recreational opportunities.

All participants will receive:

- **A Commemorative T-Shirt**
- **Sports Bag**
- **Water Bottle**
- **Commemorative Wristband**

Attached is a registration form. Please fill it out and send it to the address listed on the form. When you arrive please stop by the registration booth to pick up goodie bags and the schedule for the day.

All participants will be able to load and unload quickly and easily. We have secured the parking lot just a few feet from the beginning of the bridge on the Highland side to ensure easy access.

Thanks for supporting accessibility across the Hudson Valley!

Sincerely,

Gerard Dohrenwend LCSW, MNA
Executive Director



Cerebral Palsy of Ulster County's 2nd Annual Accessibility Awareness Day

Sunday, August 31, 2014
Walkway Over the Hudson (Highland side)

5k: 7:30am • Walk: 9am to 1pm • Speakers: 9am

Cerebral Palsy of Ulster County is pleased to announce the 2nd Annual Accessibility Awareness Day, a fun and accessible morning on the beautiful Walkway Over the Hudson! Join us to celebrate the accessibility of the Walkway Over the Hudson and help raise awareness for the need for accessibility throughout our communities.

**Enjoy the beauty of the Hudson River with the entire family
while having fun & promoting a great cause!**

Registration Fee: \$20 per person
Pre-registration by July 31, 2014 to receive a free t-shirt & goody bag.
\$25 per person after August 1, 2014

Family Package of 4 tickets - \$50
Pre-registration by July 31, 2014 to receive free t-shirts & event bracelets.
\$20 per person after August 1, 2014

Children under 12 are Free (t-shirt & goody bag not included.)
Children may register at adult price to receive t-shirt and goody bag.

Questions about the event or registration?

Contact Jeanette Diers, Cerebral Palsy of Ulster County
845.336.7235, ext 2196 or at jdiers@cpulster.org

**To register please mail this portion and payment to:
Cerebral Palsy of Ulster County, Attention: Walkway Event, PO Box 1488, Kingston, New York 12402**

Participant Details (please print)

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

T-Shirt Size ___S___M___L___XL___2XL___3XL

Youth Sizes: ___S___M___L

Entry Fee \$ _____ Additional Donation \$ _____

Date: _____

Make checks payable to Cerebral Palsy of Ulster County Memo: Walkway Event



Cerebral Palsy of Ulster County's 2nd Annual Accessibility Awareness Day 5K Run

Sunday, August 31, 2014

Walkway Over the Hudson (Highland side)

5k: 7:30am • Walk: 9am to 1pm • Speakers: 9am

Cerebral Palsy of Ulster County is pleased to announce the 2nd Annual Accessibility Awareness Day, a fun and accessible morning on the beautiful Walkway Over the Hudson! This year we are adding a 5K!

5 K Registration Fee: \$20 per person
Pre-registration by July 31, 2014 to receive a free t-shirt & goody bag.
\$25 per person after August 1, 2014

Individuals with disabilities
\$15 per person
Pre-registration by July 31, 2014 to receive a free t-shirt & goody bag.
\$20 per person after August 1, 2014

Race Day: Opens at 7am Race start: 7:30am

Questions about the event or registration?

Contact Jeanette Diers, Cerebral Palsy of Ulster County
845.336.7235, ext 2196 or at jdiers@cpulster.org

**To register please mail this portion and payment to:
Cerebral Palsy of Ulster County, Attention: Walkway Event, PO Box 1488, Kingston, New York 12402**

5K Run Participant Details (please print)

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age at Race Date: _____ Sex: _____ Male _____ Female

T-Shirt Size ___S___M___L___XL___2XL___3XL

Youth Size: ___S___M___L

Entry Fee \$ _____ Additional Donation \$ _____

Date: _____

I know that running/walking a 5K is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road and all such risks being known appreciated by me. Having read this waiver and knowing these factors and in consideration of you accepting my entry, I for myself and anyone entitles to act on my behalf of me and release Cerebral Palsy of Ulster County, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the liability waiver and understand the inherent risks with this activity. I grant permission to all of the foregoing to use and photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate.

Signature: _____ Date: _____

Signature of Parent/Guardian if under 18: _____ Date: _____



Cerebral Palsy of Ulster County's 2nd Annual Accessibility Awareness Day 1K Challenge

Sunday, August 31, 2014

Walkway Over the Hudson (Highland side)

5k Run: 7:30am • 1K Challenge 7:45am • Walk: 9am to 1pm • Speakers: 9am

Cerebral Palsy of Ulster County is pleased to announce the 2nd Annual Accessibility Awareness Day, a fun and accessible morning on the beautiful Walkway Over the Hudson! This year we are adding an Accessible 1K Challenge! The 1K Challenge is designed to offer individuals with adaptive equipment an opportunity to exercise and earn a certificate.

1K Challenge Registration Fee: \$15 per person
Pre-registration by July 31, 2014 to receive a free t-shirt & goody bag.
\$20 per person after August 1, 2014

Race Day: Opens at 7am 1K Challenge start: 7:45am

Questions about the event or registration?
Contact Jeanette Diers, Cerebral Palsy of Ulster County
845.336.7235, ext 2196 or at jdiers@cpulster.org

**To register please mail this portion and payment to:
Cerebral Palsy of Ulster County, Attention: Walkway Event, PO Box 1488, Kingston, New York 12402**

1K Challenge Participant Details (please print)

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age at Race Date: _____ Sex: _____ Male _____ Female

T-Shirt Size ___S ___M ___L ___XL ___2XL ___3XL

Youth Size: ___S ___M ___L

Entry Fee \$ _____ Additional Donation \$ _____

Date: _____