



Ainsley Angels Presents: Power to Push-

Prepping for the Long Haul Run

And

The Shamus and Simon Shuffle (Fun Run for Kids)

WHAT: The Prepping for the Long Haul Run is a 3 lap fun run/walk fundraiser at Fulton Montgomery Community College, to raise funds for the Evans Family. Shaun Evans is an ultra-marathon runner, and his 8 year old son, Shamus, was born with cerebral palsy which limits the use of his legs. As a result he uses a wheel chair as his primary means of mobility. In the summer of 2015, Shaun and Shamus (along with wife Nichole and son Simon supported them in an RV along with way), will run across the United States, to raise awareness and provide fund raising support for Ainsley's Angels to promote involvement and active lifestyles for children with disabilities.

WHEN: Sunday, October 19th 2014. Registration at 9am, Run at 10am.

WHERE: Fulton Montgomery Community College- Route 67 Johnstown, NY

REGISTRATION: Registration is \$20 and includes a shirt. However, shirts are only guaranteed to the first 150 participants. Entries must be received by October 1st to guaranteed a t-shirt.

RESULTS: This is a hand-timed event and we will post results of the race on: www.facebook.com/Power2Push

Online Registration: preppingforthelonghaul.racewire.com

Or, Mail Form and Payment To: Community Health Center, 2-8 West Main Street, Johnstown, NY 12095 (please make checks payable to: Ainsley's Angels -power to push)

Or Fax Form to Race Director before 5pm on Friday, October 10th: 518-762-6921

(For more information, please call Race Director Anne Boles, 518-762-8215 x1064 or email: aboles@chhomecare.org)

First Name: _____ Last Name: _____

Address: _____ City, State, Zip: _____

Phone: _____ Email Address: _____

Age (On October 19th) _____ Male ___ Female Please Circle t-shirt size: YM YL S M L XL 2X

Emergency Contact Name: _____ Phone: _____

I am Participating in: 3 lap Prepping for the Long Haul (\$20) or Shamus and Simon Shuffle Kids Fun Run (Free)

By signing below, I accept and understand the terms of the waiver/release

Signature of Runner: _____

Parent/Guardian if under 18: _____

Waiver/Release: I assume all risks associated with participation in this event, including, but not limited to falls, contact with other participants, the effects of weather and conditions of course, all such risks being known by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone else acting on my behalf, waive and release and indemnify the Community Health Center, Fulton-Montgomery Community College, Ainsley's Angels of America, volunteers and officials, from all claims and liabilities of any kind arising out of my participation in this event and/or related activities of any nature, even though such liability may arise out of negligence or carelessness on the part of any of the persons named in this waiver. I attest to be in proper physical condition to participate in this event. I hereby grant full permission to use my name and my photographs, videotape, or other record of this event for any purpose.

Special Thanks To:



Community Health Center
Not Just Any Home Care Agency...Your
Community Home Care Agency!

and



Fulton-Montgomery
Community College



Thank you for your support from the Evans Family! - Shaun, Shamus, Nichole, and Simon