

## - How To Register -

You can register on-line at  
[www.ugandanwaterproject.com](http://www.ugandanwaterproject.com)  
or with this registration form.

Please use a separate registration form for each  
person/child participating.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Male  Female

### Registering for:

5K  1K Kids Fun Run

### Shirt Size (circle one):

Adult S M L XL

### 5K Entry Fee

\$18 through April 19th  
\$20 April 20th - Race Day

### 1K Fun Run Entry Fee

\$5 through Race Day

**Checks Payable To: Ugandan Water Project**

### **Please Mail Form and Entry Fee To:**

Ugandan Water Project  
1748 Rochester St. Lima, NY 14485



### **Entry Fee Includes:**

- Shirts for 5K runners
- Post race food and refreshments
- AMB Timing Chip

## - Runner Sponsorship -



Give even more to the people of Uganda.

Collect **\$50 or more** in sponsorship and race  
entry fee will be waived. A prize will be awarded  
for most sponsorship dollars raised.

### **Sponsor** **Amount/How Paid**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_

Sponsors who wish to give by credit card, may make  
donations at [www.ugandanwaterproject.com](http://www.ugandanwaterproject.com)  
Please note "5K" in the comments.

Please bring sponsorship form and money to  
registration table on race day.

[www.ugandanwaterproject.com](http://www.ugandanwaterproject.com)

1748 Rochester St. Lima NY 14485  
585.752.5396



**UGANDAN WATER PROJECT**

## Ugandan Water Project 5K & Kids 1K Fun



### Sat. April 23th 2011

Powder Mills Park  
Rand Lodge  
154 Park Road  
Pittsford, NY 14534

### 5K - 8:30 am

### 1K Fun Run - 9:30 am

**FLEET FEET**  
*Sports*

## - Give Water -

Changing the world is often easier than we think. Over 4,500 children around the world die every day due to a lack of clean drinking water. In the country of Uganda people typically walk 2-5 miles twice a day to reach the nearest water source, which is usually a murky pond or river shared by livestock, wild life and micro-organisms. Inevitably, consuming this water leads to disease and often death, leaving people in dire need of a solution to this problem.



Tragically this devastation is completely unnecessary, as Uganda has over 80 inches of rainfall annually. The solution is as simple as collecting and storing the rain that falls and making it accessible to the people who desperately need it.

### ***That's where you and I come in!***

The Ugandan Water Project partners with individuals, schools, civic organizations, churches, businesses, and foundations to provide the rain collection system necessary to harvest this vital natural resource. We provide the funding for rain collection tanks which are manufactured in Uganda and are installed on community buildings, such as churches, schools, orphanages, and clinics. One 2,500 gallon tank provides enough drinking water for 100 families and has a 35 year lifespan. Once funding for a tank is available, it only takes about 30 days for installation to be complete.

This simple process only costs \$3,500 which an insurmountable amount of money for them, but is not out of reach for us!

***It's simple... our help is necessary.  
Give Water. Give Life.***

***1.1 billion people don't  
have access to clean,  
safe drinking water.***



## - About the Race -

**Our course is certified to be accurate by the  
USATF #NY09114KL.**

The 5K begins and ends near Rand Lodge in Powder Mills Park. The course runs through the park along Park Road and continues along Railroad Mills, Woolston, and Corduroy Roads.

**Please, no baby strollers, bikes or dogs  
allowed in race.**

### **- Awards-**

**Series Prizes to Top Overall Male & Female  
and**

**Age Group Awards to Top Male and Female  
in the following 5 year age groups:**

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65-69, 70 Up.

There will also be awards for all Fun Run participants with special awards for the top 3 finishers.

### **- Amenities -**

Race t-shirt for 5K runners

Live music after the race

Food and refreshments provided by local  
restaurants and businesses

Chip timing w/AMB (pick up on race day)

Awards ceremony

### **- Packet Pickup -**

**Before Race: April 22nd-23rd (10AM-7PM) at  
Fleet Feet Sports, 2210 Monroe Avenue  
Rochester, NY 14618**

or

**Race Day: Registration opens at  
7:30 AM at Powder Mills Park, Rand Lodge.**

### **- Race Fees -**

\$18 through April 19th

\$20 April 20th - Race Day.

***80% of illnesses in developing  
countries are linked to poor  
water & sanitation.***



## - Mandatory Waiver -

I understand that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me.

I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose.

Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release, Ugandan Water Project inc., Yellow Jacket Racing Volunteers, and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable.

I have read this waiver and certify my compliance and agreement with its content with my signature. If I do not return the chip, I will be charged \$110.

**Runner Signature:**

\_\_\_\_\_

**If under 18, Parent/Guardian Signature:**

\_\_\_\_\_

***The Ugandan Water Project has  
brought safe drinking water to  
more than 20,000 people!***

