

Join us for a fun-filled,  
family-friendly event!

Run, Walk or Wheel  
your way to the finish line

Kids' Fun Run Distances:  
Approximately 100 Yds, 200 Yds, 400 Yds

Games, Music, Entertainment  
before and after the race

ALL finishers receive a medal

Kids' Games & Activities at 9 am

Kids' FUN RUN at 10:30 am

Music and entertainment until noon!



Running • Walking • Wheelchairing  
Education • Rehabilitation • Since 1983

THE MISSION OF THE ACHILLES TRACK CLUB IS TO  
ENABLE PEOPLE WITH ALL TYPES OF DISABILITIES TO  
PARTICIPATE IN MAINSTREAM ATHLETICS, TO PROMOTE  
PERSONAL ACHIEVEMENT, ENHANCE SELF-ESTEEM,  
AND LOWER BARRIERS.

*Achilles wishes to thank our generous sponsors*



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City of New York  
Parks & Recreation

Achilles Kids



42 West 38th St., Suite 400 • NY, NY 10018

Ph: 212.354.0300 • Fax: 212.35.3978

www.achillestrackclub.org



**Achilles™**  
International

The Seventh Annual  
**HOPE & POSSIBILITY**

FREE  
**Kids' Fun Run**

Sunday June 28, 2009

10:30 am

Central Park



**NEW YORK  
ROAD RUNNERS**  
AN OFFICIAL NYRR EVENT

### WHERE:

Start and Finish in Central Park  
West 67th St. & West Drive

### WHEN:

Sunday, June 28, 2009

### START TIME:

**Kids' Fun Run Start: 10:30 am**  
5 Mile Run/Walk Start: 8:30 am

### RACE DISTANCE:

Approximately 100 yards, 200 yards or 400 yards  
OR 5 Mile Run/Walk (if 10 yrs or older, with a parent)

Run, walk, or wheel a 100-yd, 200-yd or 400-yd dash. OR if you're over 10, you can run/walk the 5-mile race with a parent and/or with a team of 2 or more members (the more the merrier!). Stay for FUN post-race activities!

**Register:** It's FREE! Just have a parent or guardian sign & complete the attached registration form and mail it to Achilles Kids, 42 West 38th St., Suite 400, NY, NY 10018.

**T-Shirt and Packet Pickup:** Race day:  
Central Park, W. 67th Street, (near Tavern on the Green), from 6:30 am to 7:30 am.

**T-Shirt Design Contest:** Any child, 4 - 16 may enter. Deadline for submissions is May 1. Winning entry will be determined by Achilles. Two-color version will be used for the 2009 Hope & Possibility T-shirt design. Winner will receive award on race day. Please submit entries to Karen Lewis, Achilles Kids, 42 West 38th St., 4th Fl. NY, NY 10018.

**Volunteers:** Running and non-running volunteers are needed! For more information, call us at 212.354.0300 or go to [www.achillestrackclub.org](http://www.achillestrackclub.org).

**Kids:** Kids 2 -16 years old are invited to participate in the Kids' Fun Run (approx 100-400 yds) at 10:30 am. Any child over 10, **accompanied by an adult**, may participate in the 5-Mile Run/Walk at 8:30 am.

For more information call 212.354.0300 or e-mail [kids@achillestrackclub.org](mailto:kids@achillestrackclub.org).

**Prizes:** All finishers will receive a medal.



# Hope & Possibility FREE Kids' Fun Run Application

Please fill out and return to: Achilles Kids • 42 W. 38th Street, Suite 400 • NY, NY 10018

### Race Category

#### Please Check ONLY one:

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Able-Bodied       | <input type="checkbox"/> Ambulatory Disabled | <input type="checkbox"/> Ambulatory with Assistive Device | <input type="checkbox"/> Health Related |
| <input type="checkbox"/> Visually Impaired | <input type="checkbox"/> Pushrim Wheelchair  | <input type="checkbox"/> Power Wheelchair                 |   |

### Volunteer Guide (entry fee waived)

Interested in volunteering as a running guide?  
Please go to [www.achillestrackclub.org](http://www.achillestrackclub.org) or call 212.354.0300 for more information.

### Individual or Team Member Application

CHILD'S LAST NAME (ONLY ONE ATHLETE PER FORM)		FIRST NAME	
PARENT'S NAME		SPECIFY DISTANCE (APPROX 100 YDS, 200 YDS, 400 YDS, OR 5 MILE RUN/WALK)	
RACE DAY AGE	BIRTH DATE (MONTH/DAY/YEAR)	SEX	DAYTIME PHONE
MAILING ADDRESS	CITY	STATE	ZIP CODE
E-MAIL ADDRESS		T-SHIRT SIZE (CHILDREN'S M - L, OR ADULT S - M - L - XL)	
SCHOOL	ADAPTIVE PHYSICAL EDUCATION TEACHER		
CHILD'S DISABILITY (PLEASE SPECIFY)			

### WAIVER AND RELEASE

**IMPORTANT NOTE:** This Kids' Fun Run Application Form is to be completed *only* by a parent or guardian who will be accompanying their child(ren) in the Achilles Hope & Possibility Kids' Fun Run.

I know that participating in the Achilles Hope & Possibility 5 Mile Run/Walk and Kids' Fun Run (the "Event") is a potentially hazardous activity. I, the undersigned, agree not to enter my child and have him/her participate unless he/she is medically able and properly trained. I agree, for myself and my child, to abide by any decision of a race official relative to my child's ability to safely complete the Event. I am voluntarily entering my child and assume all risks associated with his/her participation in the Event, including, but not limited to, falls, contact with vehicles, other participants, spectators or others, the effect of weather, including high heat, extreme cold and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I grant to the Medical Director of this Event and his designee access to my child's medical records and physicians, as well as other information relating to my child's medical care that may be administered to him/her as a result of participation in this Event.

Having read this Waiver and knowing these facts, and in consideration of your accepting this application, I, for myself and for my child and/or anyone entitled to act on my or my child's behalf, waive and release the Achilles Track Club, Inc., Achilles Kids Program, New York Road Runners, Inc., Road Runners Club of America, the City of New York and all its agencies, NY Cares and all Sponsors of the Event, and the officers, directors, employees, volunteers and other representatives of each of the foregoing, from present and future claims and liabilities of any kind, known or unknown, arising out of my child's participation in the Event or related activities, even though that liability may arise out of ordinary negligence or fault on the part of the persons named in this Waiver.

I grant permission to all the foregoing to use or authorize others to use photographs, motion pictures, recordings, or any other record of my child's participation in the Event for any legitimate purpose without remuneration.

Signature (if under 18, signature of parent/guardian required)

Date

**For more information, log on to [www.achillestrackclub.org](http://www.achillestrackclub.org) or call 212.354.0300.**