

Join Trisha Meili, author of *I Am The Central Park Jogger: A Story of Hope and Possibility*, NY Governor David Paterson, the always inspiring members of Achilles International, and some of America's amazing heroes. Run, walk or wheel your way to the finish line. It's a race – but everyone wins!

RACE INFORMATION

Place: Central Park, New York
(West 67th Street & West Drive)

Date: Sunday, June 28, 2009

7:00 am: Registration tent opens for number pickup and race day registration. No credit cards, please. Cash only. No numbers will be issued after 8:15 am for the 5M, and 10:15 am for the kids' races.

7:30 am: Pledge tent open.

8:20 am: Wheelchair Start (5M)

8:30 am: Regular Start (5M)

10:30 am: Kids' Fun Run (ages 2-16. approx 100 - 400 yds)

HOW TO REGISTER

Register online at www.nyrr.org, via mail or fax using this application, or at number pickup (see below). Your entry fee includes a race T-shirt (size satisfaction subject to availability). **Fax and online registration closes at 11:59 pm on Tuesday, June 23, and no credit cards will be accepted after that time.**

NUMBER PICKUP/REGISTRATION

Numbers, scoring chips, and race souvenirs may be picked up at New York Road Runners (9 East 89th Street) on:

- Thursday, June 25, 3:00 - 7:00 pm
- Friday, June 26, 3:00 - 7:00 pm
- Saturday, June 27, 11:00 am - 2:00 pm

On race day, Sunday, June 28, entrants may pick up their materials in Central Park at the registration tent near West Drive and 67th Street, starting at 7:00 am.

T-SHIRT DESIGN CONTEST & DAZZLING PRIZES!

AWESOME RAFFLE PRIZES! PLUS Kids Hope & Possibility 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.



POST-RACE

Please join us for music, fun, and disability awareness activities. Award ceremony and raffle begin about 11:00 am. A total of \$6,000 in prize money will be awarded to the top male and female finishers in the following categories: open, visually impaired, above-knee amputee, below-knee amputee, double amputee, ambulatory disabled, pushrim, and handcycle wheelchair.

At least seven participants need to finish in any category for prize money to be awarded. Final confirmation of top winners will be made by NYRR and ATC. See www.achillestrackclub.org for eligibility rules and for the prize money breakdown.

RACE SCORING

The ChampionChip® system used at this race will record your time if your chip is attached to your shoe (or chair). You may only wear your assigned chip. Wearing another person's chip may result in disqualification and in you and the person who owns or was issued the chip being barred from future NYRR races.

Your net time is recorded from the start mat to the finish mat. Start mats may be removed 10 minutes after the race begins, and thereafter times won't be recorded. Return your chip (if you do not own it) at the chip-clip area after the finish line. Review your race packet for more detailed instructions on attaching the chip and returning it following the race.

You will be charged \$35 if you don't return your chip within 20 days; your credit card will be charged or you will be sent an invoice. See www.nyrr.org for more details.

Participation in this race does not count toward earning guaranteed entry to the ING New York City Marathon.

BAGGAGE FACILITIES

Free baggage facilities will be provided near the start/finish line as a convenience. Bring an inexpensive bag in which to put your items. Pin the baggage tag that is attached to your number to your bag. Please leave your valuables at home. **Achilles International and New York Road Runners are not responsible for lost or stolen items.**

RULES OF COMPETITION

This race is organized and directed under USA Track & Field rules and regulations. Entrants must comply with Parks & Recreation and NYRR rules. Failure to do so may result in offenders being disqualified and possibly banned from NYRR events, including the ING New York City Marathon. For the safety of all participants and to satisfy insurance requirements, no skates, strollers, or animals are permitted, and the use of headphones is strongly discouraged. Participant numbers must be fully visible at all times. See www.nyrr.org/races/procedures for complete race rules.

**Running • Walking • Wheelchairing
Education • Rehabilitation • Since 1983**

THE MISSION OF ACHILLES INTERNATIONAL 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



Goldman Sachs



42 W. 38th Street, Suite 400, NY, NY 10018
PH: 212.354.0300 FAX: 212.354.3978 email: info@achillestrackclub.org
www.AchillesTrackClub.org



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HOPE AND POSSIBILITY

Sunday, June 28, 2009 • Central Park



Prize Money • Raffle Prizes • FREE Kids' Fun Run

THIS RACE PAYS FOR ITSELF!

**Your bib is good for a ONE-TIME 25% discount
(off full-price items) at Urban Athletics Stores!**



REGISTRATION FORM

THIS RACE WILL BE CAPPED

(One entry per registrant. Entry form may be copied. No refunds, exchanges, or transfers.)

Please select one event only:

- 5M (8:30 am) Wheelchair 5M (8:20 am) Check here if you need a guide

NYRR Member # _____ Chip # _____ (owners only)

Last Name _____ First Name _____

Emergency Contact Name and Tel. (required) _____

Estimated Pace Per Mile _____

Race Day Age _____ Birth Date ____/____/____ Sex _____
month day year

Address _____

City _____ State _____ Zip _____
(or country if not USA)

E-mail Address _____

Daytime Tel. _____

Exact Name of Team _____

ENTRY FEES

	Achilles Members	NYRR Members	Non-Members
<input type="checkbox"/> On or before June 13	\$20	\$20	\$25
<input type="checkbox"/> June 14 - June 27	\$30	\$30	\$35
<input type="checkbox"/> Limited race-day entries	\$35*	\$35±	\$40*

* No credit cards accepted on race day. Cash only.

± NYRR Members: You must bring your NYRR membership card on race day to receive your member discount; otherwise you will be charged the non-member race fee. No exceptions.

NYRR Benefactor members are not eligible for free entry.

ENTRY FEE \$ _____

RACE DIVISIONS

PLEASE CHECK ONLY ONE:

- Open/Able-bodied Above Knee Amputee Ambulatory* (A)
 Pushrim Wheelchair (P) Below Knee Amputee Ambulatory* (B)
 Power Chair (R) Double Amputee Ambulatory* (D)
 Ambulatory Disabled (M) Handcycle* (H)
 Visually Impaired (V) ***If you are using a handcycle, regardless of your disability, check ONLY handcycle**
 Other (X)

PAYMENT

- Enclosed is my check made payable to The Achilles Hope & Possibility 5M.

There will be no confirmation of your acceptance. Your canceled check is your receipt. Improperly written checks will be returned.

- Please charge to my: Visa MasterCard American Express

Faxes and credit card payments are not accepted once number pickup begins. No exceptions.

CREDIT CARD # _____
(Debit cards not accepted)

Exp. Date _____ (August 2009 or later) Race Fee \$ _____ Donation* (optional) \$ _____

CARDHOLDER SIGNATURE _____

*Achilles is a 501(c)3 non-profit. Donations are tax deductible

- Check here if you do not wish to receive any mailings from Achilles International

TOTAL PAYMENT \$ _____

PLEDGE FORM

TO APPLY ONLINE

www.nyrr.org
(credit card payments only)

TO APPLY BY FAX

Complete this form with your credit card information, and fax it to NYRR at 917.677.8841.

Fax and online registration closes at 11:59 pm on Tuesday, June 23. No exceptions.

TO APPLY BY MAIL

Complete this form and mail this entry with your payment (check or credit card information) to:

Achilles Hope & Possibility 5M
New York Road Runners
9 East 89th Street
New York, NY 10128

FOR MORE INFORMATION

Please visit www.achillestrackclub.org or call 212.354.0300.

WAIVER:

I know that participating in events such as this race is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me.

I grant to the Medical Director of this event and his designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event.

Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release Achilles International, New York Road Runners, Inc., Road Runners Club of America, USA Track & Field, the City of New York and its agencies and departments, the USTAF - Metropolitan, and the affiliates, officers, directors, employees and agents of each of the foregoing, and all event sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature: _____
(or parent's signature if under 18)

Date: ____/____/____

SUPPORT ACHILLES INTERNATIONAL RUN! WALK! RAISE!

Don't just register. Ask friends, family, and co-workers to sponsor you in this important fundraising event.

Or team up! Get a fundraising team (10 or more participants) together by recruiting as many co-workers, friends, and family members as possible. It's as easy as **1, 2, 3!**

1. Download a **team manual**, registration and pledge forms at:

www.achillestrackclub.org

OR call us at 212.354.0300

OR email Annie D'Elia at adelia@achillestrackclub.org

2. Fax, mail or email your **team registration form** to Achilles by June 15 so that we can help you get started! Then have each team member submit their own individual race entry form & fee (\$20 by June 13; \$30 after).

3. **Raise pledges!** The web makes it EASY and FUN to spread the word and raise money. Go to www.firstgiving.org/atc to quickly and easily set up a fundraising page in minutes. Click on the "Get Started" button and then click the link for "NYC Hope & Possibility 5M".

We have fantastic prizes for the top 3 fundraisers who are able to raise over the minimum amount of \$3500. Prizes like trips to Los Cabos Beach & Golf Resort with spa treatment, dining and other amenities included!! Go for it! It's all for a good cause!

Money raised helps support Achilles Kids, our Freedom Team of Wounded Veterans, NYC Chapter Athletes, Marathon Tour and/or to endow-a-chair.

All donations are tax deductible to the full extent of the law.

Please bring donation money with you to the pledge tent in Central Park on the morning of the race, or you can mail donations (checks made payable to Achilles International) by July 31, 2009, to:



Achilles International
Attn: 2009 Hope & Possibility
42 West 38th Street, Suite 400
New York, NY 10018

I'm raising pledges for:

- Achilles Kids Freedom Team NYC Chapter Marathon Tour

Your Name _____

Team Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail Address _____

ACHILLES INTERNATIONAL

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As Achilles celebrated its 25th anniversary year, we're proud that we have expanded to more than 70 countries, many of which are represented in the ING New York City Marathon. The New York City Chapter is still the strongest, and meets on Tuesday evenings and Saturday mornings in Central Park at 90th Street and Fifth Avenue.



ACHILLES FREEDOM TEAM OF WOUNDED VETS



This program introduces recently wounded soldiers from the wars in Iraq and Afghanistan to running. Their rehabilitation is enhanced through physical activity, goal-setting, and personal achievement. Many begin by using endowed handcycle wheelchairs and progress to using artificial legs. More than 140 members have completed the ING New York City Marathon.

ACHILLES KIDS

In partnership with the NYC Department of Education's Adaptive Physical Education Program, Achilles Kids has introduced running, walking, and "rolling" to more than 20,000 children with disabilities since 1995. The centerpiece of our program is The Race Around NY - a 26.2 mile "Virtual Marathon" that children complete over the course of the school year. Free training materials, maps, and incentives are provided by Achilles.

