



27th annual

# Laurel Memorial Run & Walk

## Saturday, July 15, 2023

19 Park Place, Silver Creek, NY, 14136 — Parking available across the street at Rite Aid

**Celebrating people with Down syndrome & other developmental disabilities!**

### 5K RUN/WALK - Enjoy cheers from spectators



### 8K RUN - The toughest race you'll love to run



### LAUREL'S LAP - For anyone with a disability



### FUN RUNS - For children age 7 and younger



### SCHEDULE

- 7:00 ... Check-in & Registration begin
- 8:10 ... Opening ceremonies
- 8:30 ... 5K Run/Walk and 1K Walk begin
- 9:00 ... 8K Run begins (4 water stations on course)
- 10:00 ... Children's Fun Runs (age 7 and younger)
- 10:15 ... Laurel's Legacy Lap (for people with disabilities)
- 10:30 ... Awards Ceremony
  - Cash prizes (\$100, \$75, \$50) to top 3 male and top 3 female finishers in the 8K Run
  - Medals awarded to top 3 male and female finishers in 5-year age groups in 8K & 5K
  - Awards to top 3 teams in both 8K and 5K (combined times of team's first 4 finishers)
  - Commemorative medal for all Laurel Memorial Run & Walk participants!

NOTE: The 8K course is certified by USATF #NY12055JG.



### About the Laurel Memorial Run/Walk

Wayne and Elaine Hotelling created Laurel Run in 1997 in honor of their oldest daughter, who had Down syndrome. The event is a celebration of the achievements of people with disabilities, as well as a reminder that those with disabilities can accomplish great things, if given the chance. Laurel herself enjoyed a full, active life until her death in 2017 at the age of 54. Help continue Laurel's legacy by taking part in the event that bears her name. Proceeds from Laurel Run support people with disabilities through ...



The cost for the 8K Run, 5K Run/Walk and 1K Fun Walk is \$25 (\$20 age 17 and under). Entry fees go up \$5 on July 13. Register by June 26 to receive your shirt at the event. Register online at [www.laurel-run.com](http://www.laurel-run.com). For questions, phone 716-661-4735 or email [steve.watson@resourcecenter.org](mailto:steve.watson@resourcecenter.org); or Wayne & Elaine Hotelling at 716-934-3952.

**Can't join us for the actual event? Then do a Virtual Run or Walk! Register at [www.laurel-run.com](http://www.laurel-run.com).**

# 2023 Laurel Memorial Run/Walk Entry Form

(OR register online at [www.laurel-run.com](http://www.laurel-run.com))

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

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

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 7/15/23: \_\_\_\_\_ Gender: ☐ M ☐ F

Shirt Size (circle one) Youth: S M L Adult: S M L XL 2X 3X 4X

Event: ☐ 8K Run ☐ 5K Run/Walk ☐ 1K Fun Walk

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

## REGISTRATION OPTIONS *(paid registrants receive a shirt and a medal)*

☐ \$25 (18 and older) ☐ \$20 (17 and younger) \* **Fees increase \$5 July 14!**

☐ **Fund-raiser** (Choose this option to receive a shirt & medal by raising at least \$50. Visit [www.laurel-run.com](http://www.laurel-run.com) to find a link to create your fund-raising web page.)

**\* PLEASE NOTE: If you register by 1:00 p.m. Monday, June 26, you will be able to get your shirt and medal on Laurel Run/Walk weekend.**

☐ I am unable to participate this year. Please accept my donation of \$ \_\_\_\_.

## ADDITIONAL OPTIONS

☐ **\$10 - Shirt size XL or smaller**  
Size(s): \_\_\_\_\_ Quantity: \_\_\_\_\_

☐ **\$15 - Shirt size 2XL or larger**  
Size(s): \_\_\_\_\_ Quantity: \_\_\_\_\_

☐ **Fun Runs (children 7 & under)**  
☐ \$5 - 1 child  
☐ \$10 - 2 or more children

Name(s) \_\_\_\_\_

☐ **\$10 - TRC Membership**  
Continue Laurel's legacy by becoming a Member of The Resource Center! Your Membership gives us a stronger when we advocate on behalf of people with disabilities. You'll get a TRC card offering **discounts** at local businesses!

☐ **FREE - Associate Membership**  
Choose this option to show support for people with disabilities without paying the \$10 Membership Dues.

**TOTAL CHECK AMOUNT: \$ \_\_\_\_**

**Make check payable to "Laurel Run/Walk" and mail to: Filling the Gap, Inc., 92 Fairmount Ave., Jamestown, NY, 14701.**

## Injury Waiver

I know that participating in athletic events is potentially dangerous. I should not take part in any Laurel Memorial Run/Walk activities unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely participate in the event. I assume all risks associated with participating in this event, including but not limited to contact with other participants or passersby, falls, weather conditions including humidity and temperature, traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Filling the Gap, Inc., The Resource Center, Western New York Finish Line Services, USATF, the Chautauqua Region Community Foundation, RunSignup.com, Laurel Memorial Run/Walk organizers, sponsors, and volunteers and their employees, agents and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to any or all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_

Signature of parent or guardian if participant is under 18 \_\_\_\_\_

## Laurel Run/Walk Pledge Form Raise \$50 or more and receive a free shirt and commemorative medal.

Collect all contributions in advance. Bring this form with you the day of the event or mail in advance to: Filling the Gap, Inc., 92 Fairmount Avenue, Jamestown, NY, 14701. DO NOT MAIL CASH. Have donors make checks payable to **Laurel Run**.

Participant's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Thanks for supporting people with disabilities by collecting pledges! You can also raise money by creating an online fund-raising page that you can link to your social media accounts. Visit [www.runsignup.com/Race/NY/SilverCreek/LaurelMemorialRunWalk](http://www.runsignup.com/Race/NY/SilverCreek/LaurelMemorialRunWalk).**

Sponsor's Name*	Address or E-mail Address	Phone	Amount

\* Those donating money to the Laurel Memorial Run/Walk may be added to our mailing lists. **NOTE: People who donate \$10 or more can become a Member of The Resource Center (and receive TRC's Membership Discount Card) by placing their initials next to their name.**