



THREE STEPS FORWARD



5K Walk 2014 REGISTRATION FORM

What: Participate in a **5K walk (12 laps)** around the stadium track. **Refreshments and music will be provided.** Start times will be staggered. **Prizes will be awarded** for highest individual donation (\$200 Visa Gift Card), highest team donation (maximum of 10 members) [Pizza Party and movie tickets] and all individual donors bringing in \$100 or more in donations will be entered into a drawing for a \$100 Visa gift card. **Raffles for other prizes** will take place during the event.

When: Sunday, May 18, 2014 12 PM – 3:00 pm

Where: ESM High School Stadium, Buildings and Grounds

Why: To raise money and awareness for people in need, especially those in the ESM community.

Who: Any member of the ESM community may participate!

How: **Pre-register by May 7 using the attached form to get a tee shirt** or register at the gate May 18.

Complete this form, include a check payable to ESM - Three Steps Forward, and mail to Sean McGlynn at ESM High School, 6400 Fremont Rd., East Syracuse, NY 13057 **before May 7 to receive a tee shirt.** You may register at the gate, but tee shirts will be available first come, first serve.

- () Individual (\$5 minimum donation)
() Family (\$20 donation for a family of 4 or more)

**\$20 minimum/person
to receive a T-Shirt**

Name(s)	Child/Adult	Email Address/School	Shirt Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Address _____ Cell Phone _____

As the parent/guardian of child participants, I understand the risks involved with attending Three Steps Forward 5K Walk. I understand the East Syracuse Minoa Central School District and its agents assume no responsibility above normal liability insurance coverage for any injury of adult or child participants during this event. I authorize personnel to act accordingly in the event of a medical emergency. I also understand that ESM is not responsible for any lost or stolen items. No refunds will be issued.

Parent/Guardian Signature _____

_____ Date