ENTRY FORM

Complete this form (print) and return with your payment to:
F.F. Thompson Foundation/Better Life 5K
350 Parrish Street, Canandaigua, NY 14424

5K Run Entry
___ $15 registration fee (postmarked before 4/16/04)

___ $18 registration fee (postmarked after 4/16/04)

Gender: _____Female _____Male

Shirt Size: _____XXL _____XL _____L
_____M _____S

1-Mile Fun Walk Entry
___$5 registration fee

Family Entry: $25 per family for 5K Run and/or 1-Mile Fun Walk. Please complete one form per runner/walker and submit together:

___**5K Run** ___**1-Mile Fun Walk**

Name: _____

Address: _____

City/St/Zip: _____

Phone: _____ Email: _____

Age on Day of Race: _____ Birthday: _____

WAIVER AND RELEASE
In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Thompson Health and/or the Village of Victor, Town of Victor, Ontario County Sheriff, sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Signature: _____
(parent or guardian must sign if under 18 years of age)
Date: _____

EVENT INFORMATION

The 8th Annual Better Life 5K Run and 1-Mile Fun Walk will begin at 9:00 a.m., with registration beginning at 7:30 a.m. Traffic control, time splits and finishing times will be provided for runners.

Results by PCR Timing.

Water and Refreshments
*Water stations will be located at the start/finish line and near the 2-mile mark.
*Refreshments, such as bagels, fruit and juice will be available to all runners, walkers and volunteers immediately following the event.

Prizes
*In the 5K Run, prizes will be awarded to the overall male and female winners, plus the top three finishers in each of the following age divisions: 9 and younger; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 and older.
*The first 150 5K registrants receive race shirts.

Directions & Course
Thompson Family Practice, 53 W Main St, Victor.
From the East: Route 96 into Village of Victor, take left onto Maple Ave. and immediate right into National Bank of Geneva parking lot (rear of bank).
From the West: Route 96 into Village of Victor and take right onto Maple Ave. Take immediate right into National Bank of Geneva parking lot (rear of bank).
Parking: Available behind bank & McGhan's Pub.
Route: Start on Adams St. Proceed Northwest on Adams. Southwest and South on School St. Turn-around on School St. East on Dryer Rd. North on Maple Ave. NW on Adams St to Finish Line. (see map to right)

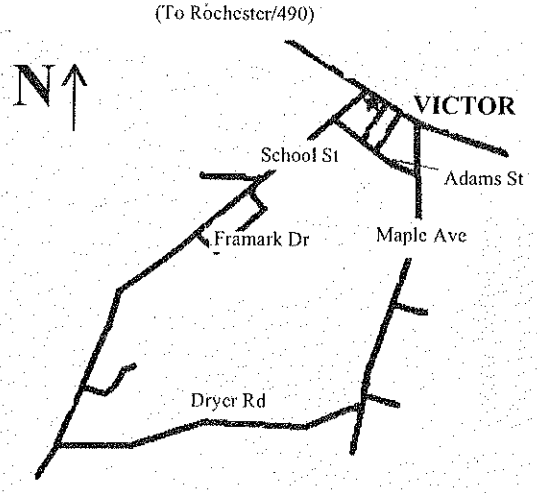
For more information call (585) 396-6155

SPONSOR FORM

Ask friends, family and co-workers to sponsor you! Sponsor forms and donations must be received on or before race day.
Checks should be made payable to:
F.F. Thompson Foundation, Inc.

Your Name: _____

Sponsor's Name	*Amount*

TOTAL : $_____

COURSE MAP