

Parker Holt 5K Celebration Run
Manchester Community College, Manchester, CT
Sunday, November 10, 2013
11:00 a.m.

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Male Female Age on Race Day _____ Date of Birth _____

Runner Walker

World Run Day T-Shirts for the first 50 Registrants

Check shirt size: (Unisex) Youth-Large Sm. Med Lg. XL

Trophies will be given to the Top 3 M/F in each Age Group, and "Most Veteran" Male & Female
 Age Groups: Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+

WAIVER:

I know that participating in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risks of running in traffic. I also assume any and all other risks associated with running this event and its related activities, including but not limited to; falls, contact with other participants, effects of the weather, including high heat and/or humidity; and the other conditions of the roads, intake of food or beverage provided at the race; all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry fee, I hereby, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Silk City Striders, the City of Manchester, the Manchester Police, Race officials, Volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims, liabilities for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release or waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, know and unknown. Application of minors under 18 will be accepted on/with a parent's signature.

 Athlete's Signature (Parent's signature if athlete is under 18 years of age)

 Date

Entry Fees:	<u>Pre-Registration</u>	<u>\$15</u>	<u>\$10 for 50+ Years Old</u>	<u>80+ Years Old FREE</u>
	<u>Race Day Registration</u>	<u>\$20</u>	<u>\$15 for 50+ Years Old</u>	<u>80+ Years Old FREE</u>

Make checks payable to: Silk City Striders

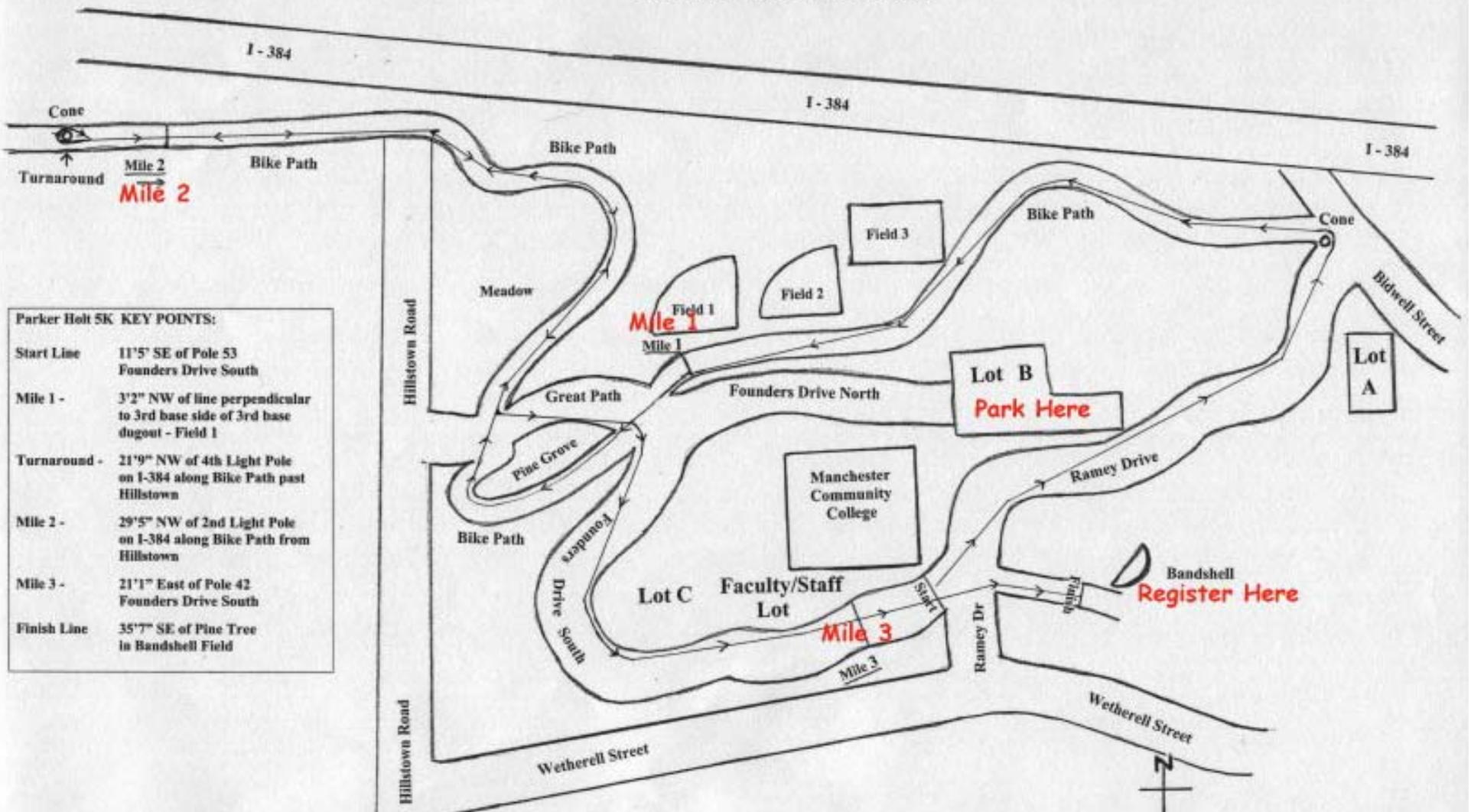
Mail entry form to: Silk City Striders, 547 Forbes Street, East Hartford, CT 06118

For additional information please visit www.SilkCityStriders.org

All proceeds benefit the Prostate Cancer Foundation (PCF) in Parker's memory.

USATF - CT-04022-PH

Parker Holt 5K Course



Parker Holt 5K KEY POINTS:

Start Line	11°5' SE of Pole 53 Founders Drive South
Mile 1 -	3'2" NW of line perpendicular to 3rd base side of 3rd base dugout - Field 1
Turnaround -	21°9" NW of 4th Light Pole on I-384 along Bike Path past Hillstown
Mile 2 -	29°5" NW of 2nd Light Pole on I-384 along Bike Path from Hillstown
Mile 3 -	21°1" East of Pole 42 Founders Drive South
Finish Line	35°7" SE of Pine Tree in Bandshell Field

Elevation Profile



Total climb: 84 feet / 25 m

Total elevation change: 167 feet / 51 m

PRESS RELEASE

Contact: Bekkie Wright
Silk City Striders, Manchester, CT
860-461-1486 Home
Webmaster@SilkCityStriders.org
www.SilkCityStriders.org



Parker Holt “Celebration Run” 5K

Parker Holt was active in the Silk City Striders Running Club for many years, and also a long-time member of New England 65+ Runners and the Hartford Track Club. In the fall of 2001, at the age of 87, Parker ran 3 races, including the Hartford Marathon 5K. Parker’s racing was not confined just to the roads. Until the Winter of 2000-01, Parker was still one of the “regulars” at Okemo Mountain -- racing down the slopes, setting records in his Age Group.



Parker always urged young people to become involved in sports. One accomplished local runner, now in his 30’s, tells of doing his first Glastonbury Fun Run at age 9, with Parker Holt running alongside and encouraging him all the way. Parker’s amazing staying power was also an inspiration to his fellow Silk City runners, especially when temporarily sidelined by injuries. Parker always believed that running is good for your health; and “when you can’t run anymore, it’s important to just keep moving.”

Parker battled prostate cancer with his usual positive and competitive spirit, but unfortunately he passed away after our inaugural event in 2002. Each year as we run this race in his honor, we celebrate his life and legacy.

The PH5K will be held on Sunday, November 10th at 11:00 AM at Manchester Community College. Pre-Registration is \$15 for participants up to Age 49, \$10 for participants Age 50-79, and FREE for all participants Age 80 and over. The application form is available on the Silk City Striders website at www.SilkCityStriders.org.

In 2013 we are teaming up again with World Run Day and raising funds for the Prostate Cancer Foundation to fund prostate cancer awareness and research.

World Run Day – which has been described as “a Celebration of running” - is a global event which started in 1999 as a way to promote running as well as benefiting thousands of charities. Information about the history and mission of World Run Day can be found at www.runday.com.

The primary goals of World Run Day are:

- 1) To Promote Running — World Run Day works with partner organizations to promote the health benefits of running for all citizens young and old.
- 2) To Promote Charitable Giving — World Run Day is committed to having an international day of charitable giving thru its running event. The running community can help others, while also celebrating the benefits of running.
- 3) To Mobilize the Running Community — World Run Day reaches out to partners in the running community that hope to elevate the sport of running in their community while also promoting the benefits of running and providing locations for people to run locally.



Each local event chooses their own charity. After extensive research and communication with various charitable organizations, the Silk City Striders have chosen the Prostate Cancer Foundation (PCF) to receive the proceeds from our event.

The **Prostate Cancer Foundation (PCF)** funds high-impact research to find better treatments and a cure for recurrent prostate cancer, and is the world's largest source of philanthropic support for prostate cancer research. Since 1993, the PCF has provided financial support for many important advances in the field of prostate cancer research, including the discovery and early development of promising new treatments now in clinical trials, the development of gene therapy approaches to combat prostate cancer, and the development of vaccines that work with the body's immune system to kill prostate cancer cells. In addition, the PCF hosts an annual Scientific Retreat that brings together the brightest minds in prostate cancer research in an effort to break down the traditional barriers that impede progress toward better treatments and a cure for recurrent prostate cancer. For more information about PCF please visit: www.prostatecancerfoundation.org



The Silk City Striders have been hosting this event at Manchester Community College since 2002, and we hope you'll come celebrate with us this year.

For additional information please email Webmaster@SilkCityStriders.org or call the Race Director, Bekkie Wright, at 860-461-1486.