



Run, Walk & Roll 5K/10K
benefiting Arizona Disabled Sports
Saturday, January 8th, 2011



Why you should participate?

Use this event as your first step into creating a healthier lifestyle for you and your family
Use this event as your warm up for the PF Chang's Rock and Roll Marathon
Use this event to help make a difference in the lives of individuals in your community!

Event Detail

The event is a 5K (3.1 miles) and 10K (6.2 miles) race at the Tempe Beach Park. The event also includes a .5 mile kids fun run for youth ages 12 and younger and a 1 mile fitness walk. This is a fun event for all ages and ability levels! Proceeds benefit Arizona Disabled Sports.

Date/Place

Saturday, January 8th, 2011
Tempe Beach Park - 620 N. Mill Ave, Tempe, AZ

Schedule

Table with 2 columns: Event Name and Time. Includes Registration opens (6:00am), 5K/10K Roll (8:00am), 10K Run, Walk (8:45am), 5K Run, Walk (9:00am), .5 mile kids fun run (10:00am), and 1 mile fitness walk (10:15am).

Features

All entrants in the 5K or 10K events will receive a commemorative technical shirt, goody bags, pre- and post-race refreshments, access to numerous vendors and ideal temperatures for a race. Get a healthy start to your new year! All entrants in the 1 Mile Fitness Walk and .5 Kids Fun Run will receive event t-shirts and goody bags.

Fee

\$25 thru January 1st, \$30 Week of Event, \$35 Day of Race
1 Mile and .5 mile - \$10 thru January 7th, \$15 Day of Race
Make checks payable to: Arizona Disabled Sports

Packet Pick-up

Registration packets will be available for pick-up on Friday, January 7th from 3:00pm-7:00pm at the Road Runner Sports store at the Tempe Marketplace (43 S. McClintock Dr, Tempe, AZ) and Saturday, January 8th from 6:00am-7:30am at Tempe Beach Park (620 N. Mill Ave, Tempe, AZ).

Division/Awards

The top three 5K and 10K Run finishers in each of the following categories will receive awards: 19 & under, 20-29, 30-39, 40-49, 50-59 and 60+. The top three competitive Roll finishers will receive awards. Awards will be presented at the conclusion of each event.

Online Registration

Register online by visiting www.RunWalkRollAZ.com or www.active.com. Online registration closes on Thursday, January 6th. A small additional processing fee is added to all online entries.

Arizona Disabled Sports

AzDS is a non-profit organization (501c3) dedicated to providing individuals with physical and intellectual disabilities from around the state the opportunity to participate in year round sports programs and events.

Race Information

www.RunWalkRollAZ.com
480.835.6273 / lane@mesadisabledsports.com

MAIL OR DELIVER TO: Arizona Disabled Sports, Attn: Run, Walk & Roll, 59 East Broadway Road, Mesa, AZ 85210

- 5K Roll, 5K Run/Walk, 10K Roll, 10K Run/Walk, 1 Mile Walk, .5 Kids Run

First Name Last Name

Mailing Address

City State Zip Code

Email Address

Day Phone Age (on raceday) Gender M F

Birth Date / / Shirt Size - Youth S M L Adult S M L XL XXL

Total Fee Enclosed: \$

Entrant's Signature (or parent if under 18)

ARIZONA AC FE TEAM