



Run, Walk & Roll 5K/10K
benefiting Arizona Disabled Sports
Saturday, January 9th, 2010



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 Town Lake Beach Park. The event also includes a .5 mile kids fun run for youth ages 12 and younger. This is a fun event for all ages and ability levels! Proceeds benefit Arizona Disabled Sports.

Date/Place

Saturday, January 9th, 2010
Tempe Beach Park – 620 N. Mill Ave, Tempe, AZ

Schedule

Registration opens	6:00am
5K/10K Roll	8:00am
5K/10K Run, Walk	9:15am
.5 mile kids fun run	10:45am
Awards ceremony	11:00am

Features

All entrants 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!

Fee

\$25 thru January 6th, \$35 Day of Race
Make checks payable to: Arizona Disabled Sports

Race Information

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

Packet Pick-up

Registration packets will be available for pick-up on Friday, January 8th from 3:00pm-7:00pm at the Road Runner Sports store at the Tempe Marketplace (43 S. McClintock Dr, Tempe, AZ) and Saturday, January 9th from 6:30am-7:30am at Tempe Town Lake 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 Awards ceremony at the conclusion of all events.

Online Registration

Register online by visiting www.RunWalkRollAz.com or www.active.com. Online registration closes on Wednesday, 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.

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

5K Roll 5K Walk 5K Run 10K Run 10K Roll

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Email Address _____

Day Phone _____ Age (on raceday) _____ Gender M F

Birth Date ____ / ____ / _____ Shirt Size (men's sizes) S M L XL XXL

Total Fee Enclosed: \$ _____

Entrant's Signature (or parent if under 18) _____