



5.23.20

17TH ANNUAL ATTORNEYS & KIDS TOGETHER RUN/WALK

Event benefits the ECBA's Attorneys & Kids Together Program, supporting the educational needs of local students living in homeless situations, and the Erie Runners Club Scholarship Fund.

PRESENTED BY THE



ERIE COUNTY BAR ASSOCIATION
IN COOPERATION WITH THE ERIE RUNNERS CLUB

START TIME: Whatever fits your schedule
WHERE: Any place you choose

REGISTRATION ENTRY FEES

\$25.00 (adults w/shirt)

\$15.00 (adults/no shirt)

\$20.00 (12 and under w/shirt)

\$10.00 (12 and under/no shirt)

The AKT 5K Run/Walk is going virtual! What is a virtual race? One that can be completed from any location you choose - so step out of your home, lace up, and track your runs, jogs, powerwalks, brisk trots, crab walks, or slow moseys around empty streets and trails alongside your family members and friends!

**POSTMARK DEADLINE TO REGISTER IS
SATURDAY, MAY 23, 2020**

Who: You! Also create a team with four members of your family, co-workers and friends from Erie and across the United States – remember – this race is virtual! And, use the app, www.strava.com/apps, and join our club: AKT Virtual 5K!

RACE PREMIUM:
Top-quality, wicking t-shirt.

You will be notified by the ECBA of t-shirt pick-up instructions the week of June 1st.

When: Saturday, May 23rd and the week following up to May 31st.

You must be registered to be guaranteed a shirt.

More details on reverse side of application.

You may also pre-register online at www.eriebar.com/AKT5K

Last Name:

First Name:

Address:

City:

State:

Zip:

Telephone:

Email:

Age (on day of Race):

Gender: ☐ Male ☐ Female

Shirt Size: Men ☐ S ☐ M ☐ LG ☐ XL ☐ XXL (add \$2.00)

Women ☐ XS ☐ S ☐ M ☐ L ☐ XL

5K: ☐ Runner ☐ Walker

No Shirt ☐

Please check box if you are an Attorney ☐

Referring Law Firm:

If a firm or law office suggested that you participate in the race, please note it here. Awards given to top referrals.

Participating as a Team? (Y or N)
(Min. of 4 team members required)

Team Name:

Waiver: In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors and administrators waive and release and discharge from all claims or liabilities of any kind arising from my participation in this event, the ECBA and ERC and any and all service organizations, sponsors, volunteers connected with the operations and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. I know that competing in a road race is potentially dangerous. I certify that I have trained sufficiently for this event. I assume all risks associated with this event. Parent or guardian must sign if entrant is under age 18.

Signature:

Date:

Return form and payment to: Erie County Bar Association, 429 West Sixth Street, Erie, PA 16507.



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WHAT IS VIRTUAL RUNNING/WALKING?

Virtual running/walking is a great way to participate in the AKT 5K Run/Walk that can be done at any location, any time, and at any pace at the distance of your choice (3.1 mile run or walk). You can walk, jog, use the treadmill, run outside, or you can participate in any other fashion. It's completely up to you! You can run your race at your own pace wherever and whenever you like. If you're working from home or you're inside with the kids, this is a perfect way to break up the day and enjoy some fresh air! We recommend that you do your virtual run/walk on Saturday, May 23rd and the week following through May 31st. Share your run/walk via social media, using the hashtag #AKT5K2020.

WILL I RECEIVE AN EVENT T-SHIRT?

Yes, AKT 5K Run/Walk participants will receive a t-shirt if registered by May 23rd and it will be distributed the week of June 1st with a drive-through social distancing format at ECBA headquarters, 429 West 6th Street. *Please note that t-shirts will not be mailed.*

WILL RACE/WALK TIMES NEED TO BE SUBMITTED/AWARDS GIVEN?

Submit a time using <https://www.strava.com/apps> and help share in the fun by posting a photo of your run/walk on Facebook or at the hashtag #AKT5K2020. Restaurant gift card prizes will be distributed the week of June 1st in the following categories: top three male and female overall participants in the Run/Walk; top three male and female attorneys in the Run/Walk; age group awards to the top three males and females 15 and under, 16-24, 25-40, 41-64, 65 and over; and Top Team Run/Walk participants (min. of 4 team members, average time of all team participants).

TIPS & IDEAS FOR YOUR VIRTUAL RUN/WALK

Use the app, www.strava.com/apps, to determine a 3.1 mile (5K) route near you! **We have even created a Strava Club, AKT Virtual 5K!** You can do the AKT 5K in a group, with a friend or by yourself – with social distancing guidelines in mind of course. It's up to you how you will participate. You can share your 5K Run/Walk with your friends, family, etc., through Facebook, Twitter, and Instagram by using #AKT5K2020! Can't Run 3.1 miles in one day? No problem! You can break the distance up over multiple days to make it more manageable. All you have to do is register!

SHARING YOUR VIRTUAL RUN/WALK EXPERIENCE

We welcome everyone to post selfies or photos of their run/walk progress to the ECBA's Facebook page, and on their own personal timelines, using #AKT5K2020 so that they can receive the congratulations that they deserve! Being a Virtual participant is an excellent opportunity for you, your friends, and your family to raise funds for AKT homeless students and programming. Post run videos and photos in advance of the May 23rd kickoff for the chance to be featured on our Facebook page! Runners/walkers that participate on May 23rd and post their experiences on social media could be featured in post-event communications.

THANK YOU TO OUR GENEROUS SPONSORS TO DATE:

Knox McLaughlin Gornall & Sennett, P.C.
MacDonald Illig Attorneys
National Fuel & Gas Co.
Quinn Law Firm

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ERIE COUNTY BAR ASSOCIATION

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