

Event benefits the ECBA's *Attorneys & Kids Together Program*, supporting the educational needs of Erie County students in homeless situations.

## PRESENTED BY THE



The AKT 5K Run/Walk is being held two ways this year - in-person starting at the Erie County Court of Common Pleas and virtually (which can be completed from any location you choose).

**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 in-person and virtual! And, use the app, https://www.strava.com/clubs/aktrun, and join our club: AKT Virtual 5K!

all risks associated with this event. Parent or guardian must sign if entrant is under age 18.

Signature:

**IN-PERSON:** Saturday, May 21, starting at 9:00 a.m. in front of the Erie County Court of Common Pleas, 140 West 6th Street in downtown Erie, PA.

**VIRTUAL:** Saturday, May 21 through Sunday, May 29, start time is whatever fits your schedule and any location you choose.

**REGISTRATION ENTRY FEES:** See registration form below that includes your choice of quarter zip pullover or t-shirt. You will be notified by the ECBA of shirt pick-up instructions the week of May 16. You must be registered to be guaranteed a shirt.

Additional details on reverse side of application.

## You may also pre-register online at www.eriebar.com/AKT5K Last name: \_\_\_\_\_\_ First name: \_\_\_\_\_\_ First name: \_\_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ \_\_\_\_\_\_Phone: (\_\_\_\_\_) Email: 5K Runner ☐ 5K Walker Age (on day of race): \_\_\_\_ Gender: □ Male 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. П Participating as a team (Minimum of 4 team members required) Team name: \_\_\_ Adult registration with t-shirt size - \$25.00: Men ☐ XXL (add \$2.00) П Women Adult registration with quarter zip pullover size -\$35.00: Men ☐ XXL (add \$3.00) □ XS $\square$ M □ XL Women □ YL □ YXL Child registration with t-shirt size -\$20.00: $\square$ YM Adult registration without shirt - \$15.00 ☐ Child registration without shirt - \$10.00 □ Virtual ☐ In-person 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

Date:



## **19TH ANNUAL**

RUN/WALK

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 locally or nationally, 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! 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! You will need to complete your virtual run/walk any time from Saturday, May 21 through May 29, 2022. Share your run/walk via social media, using the hashtag #AKT5K2022.

**WILL I RECEIVE AN EVENT T-SHIRT or QUARTER ZIP PULLOVER?** Yes, AKT 5K Run/Walk participants will receive a t-shirt or quarter zip pullover if registered by May 6 and it will be distributed May 20 at the Erie County Bar Association, 429 West 6th Street. *Please note that t-shirts and quarter zip pullovers will not be mailed. Any t-shirt or quarter zip pullover not picked up on May 20 will be brought to the registration area on race day, May 21.* 

**WILL RACE/WALK TIMES NEED TO BE SUBMITTED/AWARDS GIVEN?** Submit a time using https://www.strava.com/clubs/akt-5k-643474 and help share in the fun by posting a photo of your run/walk on Facebook or at the hashtag #AKT5K2022. Restaurant gift card prizes will be distributed the week of June 1 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, https://www.strava.com/clubs/akt-5k-643474, 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 #AKT5K2022!

Being a 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 21 kickoff for the chance to be featured on our Facebook page! Runners/walkers that participate on May 21 and post their experiences on social media could be featured in post-event communications.

## THANK YOU TO OUR GENEROUS SPONSORS TO DATE:

Conner Riley Friedman & Weichler Erie County Bar Association Staff Bradley K. Enterline, Esq. Foster Law Offices Purchase George & Murphey, P.C. Richard T. Ruth, Esq. Seelinger Law The Family Law Group, LLC

> Make sure to add you/your firm's name here with a sponsorship! Contact Dara Bucholtz at dmbucholtz@thetravislawfirm.net for information.

