

The Autism Society, Tidewater Virginia is a locally funded organization that celebrates 30 years of dedication towards improving the lives of all affected by autism. Autism Society, Tidewater Virginia strives to enhance community awareness, provide education for professionals, and parents, and maintain supportive, informative networks comprised of parents, professionals, and community leaders.

Proceeds from this event will help local families facing autism. With every participant, we move a little closer to more awareness, more help for individuals with autism to achieve a better quality of life, and ultimately improving the lives of all affected by autism.



About Autism

Autism is a neurobiological condition that affects a person's ability to communicate and interact with others. It is a "spectrum" disorder that affects individuals differently and to varying degrees of severity. Autism is the fastest growing developmental disability in the United States. It affects nearly 1.5 million Americans and their families. One in 110 children born today will be diagnosed with autism. Although each individual with autism improves in functioning over time, unfortunately, children do not "grow" out of autism.

It is a lifelong disability.

Registration & Entry Fees

Entry fee for the 5K and 1 Mile Walk-A-Thon is \$25 if pre-registered by March 25, 2011. After March 25th and on race day the registration fee will be \$30. Race day registration & packet pick-up will begin at 7:30 a.m. rain or shine. Parking is FREE and will be available at Mt. Trashmore Park in Virginia Beach.



tidewaterasa@verizon.net



APRIL IS AUTISM



AWARENESS MONTH!

5K, &
1 Mile Walk-A-Thon
Saturday, April 2, 2011
Mt. Trashmore Park
Virginia Beach, VA



Registration: 7:30 a.m.
5K Run: 8:30 a.m.
1 Mile Walk-A-Thon: 9:15 a.m.
Awards Presentation: 10:00 a.m.



www.KaleRunning.com
team@kalerunning.com

Participant Name:	Phone:
Address:	
Sponsor Name:	Amount:
Address:	Phone:
Sponsor Name:	Amount:
Address:	Phone:
Sponsor Name:	Amount:
Address:	Phone:
Sponsor Name:	Amount:
Address:	Phone:
Sponsor Name:	Amount:
Address:	Phone:
Total	

You may participate as a **Fund-Raising Participant** by asking your family, friends and neighbors to sponsor you for a set amount. Fund-Raising Participants will be eligible for the following awards:

- \$1,000 & up Autism Society Stadium Chair**
- \$ 500 Autism Society Fleece Blanket**
- \$ 250 Autism Society Cooler**
- \$ 150 Autism Society Cinch Pack**

The individual raising the most funds overall will win a New IPOD Touch 8GB!

- Please make checks payable to Autism Society
- All sponsor money must be turned in before walk begins in order to be

Participants may also participate in the online Fund-Raiser at www.active.com/donate/awareness5k2011

AWARDS

5K Awards will be given to the top 3 male and female overall finishers and the top 3 male and female finishers in each age group as well as the top male and female middle of the pack and top male and female back of the pack.

5K Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and 55 & older.

All participants will enjoy complimentary bagels, doughnuts, fruit and water.

5k Run, 1 Mile Walk-A-Thon Entry Form

Participant Name _____ Address _____
 City, State, & Zip _____
 Phone # _____ Birth Date _____ Age on Race Day _____ Email _____

_____ I am unable to attend but would like to make a donation to Autism Society, Tidewater Virginia in the amount of \$ _____.

The official 2011 Autism Awareness 5K & Walk-A-Thon T-shirt is guaranteed to the first 300 registered.

My shirt size is _____ Small _____ Medium _____ Large _____ X-Large

_____ 5K Run _____ 5K Walk _____ 1 Mile Walk _____ Male _____ Female

Questions call 757-461-4474

Waiver & Release: By participating in the Autism Awareness 5K & Walk-A-Thon. I hereby for myself and anyone entitled to act on my behalf, release the Autism Society, Tidewater Virginia, Kale Running, City of Virginia Beach Parks & Recreation and all sponsors, representatives and successors from all claims and/or liabilities of any kind arising out of participating in the event. I give Autism Society, Tidewater Virginia permission to use any photos, videos and recordings of this event for any legitimate purpose, to include Autism Society, Tidewater Virginia's Annual Report, Annual Video, and newsletters. Children under the age of 18 must have a parent's signature.

SIGNATURE _____ DATE _____

You may register by mailing completed form and Entry Fee/Sponsor money to: Autism Society, 6300 East Virginia Beach Blvd., Norfolk, VA 23502 OR **Online at www.KaleRunning.com** OR **www.active.com** OR Register the day of the 5K & Walk-A-Thon Saturday April 2, 2011.