



About This Year's Benefactors

St. Peter's Cancer Care Center provides a comprehensive program that begins with prevention and education and provides the most advanced treatment options, diagnostic testing, medical oncology, radiation therapy, and multiple surgical specialties.

Ronald McDonald House Charities of the Capital Region, Inc. promotes the health, development and well being of children and their families. We accomplish this through the Ronald McDonald House, a home away from home for families of seriously ill children, and by creating and supporting programs that directly improve the lives of children and their families.

About Capital Region Special Surgery

Capital Region Special Surgery is a multidisciplinary practice which focuses on the care of patients with back and neck pain, head and neck disorders, hearing loss, sleep disturbances, and physical therapy and rehabilitation. In total, more than twenty health care providers, all of whom are leaders in their respective fields, treat patients at our center.

Registration

The first 500 entrants receive an official CRSS Race for Hope long-sleeve tee shirt.

Online <http://tiny.cc/RaceforHopeAlbany>

By mail

CRSS Race for Hope 2010
1220 New Scotland Road, Suite 204
Slingerlands, NY 12159

Entry Fee

By August 14, 2010 \$20 *Early Bird*
August 15- Sept 16, 2010 \$25
Day of Race Registration \$30

*A parent or legal guardian **must accompany any person under 14 on the 5k course on the day of the event**, who registers to run or walk in this event. Registrants must be at least 10 years of age by September 18, 2010 to participate.*

Sorry, no strollers, baby carriages, joggers or baby carriers any kind allowed in race. No dogs or other pets allowed in race.

Packet Pick Up

September 14-16, 2010 9a-4p
Capital Region Special Surgery
1220 New Scotland Road Suite 204
Slingerlands, New York, 12159

You can find many helpful tools on our website to assist with all levels of training for a 5K including if it's your first one!

Fundraising

We encourage a goal of \$100 or greater, however, there is no requirement.

Questions

Call 518-441-8570 or email smahoney@capitalregionsspecialsurgery.com

Official Entry Form - CRSS Race for Hope
Saturday, September 18, 2010 10am

ALL ENTRY FEES ARE NON-REFUNDABLE
Checks payable to: Capital Region Special Surgery Race for Hope

Last Name

First Name

Address 1

City

State

Zip

DOB (REQUIRED) ____/____/____ Sex (Circle one) M F

Email or phone (**One** is Required)

Are you part of a team? (Insert Team or Company Name)

DISCLAIMER In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself and discharge: Capital Region Neurosurgery LLC., St. Peter's Hospital, The State of New York, the City of Bethlehem, the County of Albany, the Adirondack Association of the USA Track and Field as well as other sponsors or beneficiaries and their representatives, that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature

Parent or Legal Guardian Signature if under 18

Date

**To register to run, walk or
to volunteer visit**

<http://tiny.cc/RaceforHopeAlbany>

Or

**fill out attached entry form and
mail to:**

Capital Region Special Surgery

Race for Hope 2010

1220 New Scotland Road

Suite 204

Slingerlands, NY 12159

Who is Hope?

Hope is the name of every man, woman and child who has to wake up every day and face another day battling their disease. It is the name of their spouses, their children, their parents, their extended family and friends. It is the name of their doctors and related medical providers. It is the name of the scientists and researchers developing new treatment and preventative drugs and new diagnostic tools.



This event is dedicated to the inspiring and courageous Susan Britain and her family.

With special thanks to



**An event to support
those in our community
affected by brain, head and
neck cancers.**



**Saturday
September 18, 2010
10am**

5K Run/Walk

Slingerlands, NY

ENTRY FORM

Who are you running for? Email us your story at myhopestory@capitalregionneurosurgery.com for our virtual Hope-wall at the race website.

Mission

The CRSS Race for Hope is dedicated to supporting those in our community affected by brain, head and neck cancers. Proceeds from this year's event will go to two local organizations: 1) Patient services at St. Peter's Hospital Cancer Care Center, and 2) Ronald McDonald House Charities of the Capital Region, Inc.

**Sponsor and Media Inquiries
call 518-441-8570**