

Non-Profit Org.
U.S. POSTAGE
PAID
Syracuse, N.Y.
Permit No. 241

AIDSwalkCNY.com

12th Annual "First Frost" AIDS Walk/Run
AIDS Community Resources
230 Franklin Street
Watertown, NY 13601



12th Annual
"First Frost"
AIDS
Walk/Run

5K Fundraising Walk
5K Fundraising Run

presented by:



SUNDAY
October 16, 2011
1 P.M.
New York State Zoo at Thompson Park



AIDS Community Resources

www.AIDSwalkCNY.com



AIDSwalkCNY.com • 800.475.2430 • AIDSwalkCNY.com • 800.475.2430

12th Annual "First Frost" AIDS Walk/Run

Sunday, October 16, 2011
1 P.M.

New York State Zoo
at Thompson Park

Watertown, NY

(State St. between Rt. 11 & Rt. 12 - Follow Zoo Signs)

Sorry, No Pets Allowed in Zoo

Refreshments and award ceremony
immediately following event.

RAIN OR SHINE

The event takes place rain or shine.
Nothing can stop us! Please dress appropriately.



THANK YOU FOR PARTICIPATING IN THE 12th Annual "First Frost" AIDS Walk/Run!

AIDS has no cure but it can be prevented. Participate as an individual or team member and raise funds to help support AIDS Community Resources' Adolescent Prevention Programs and Client Support Services. Whether you compete in the 5K timed AIDS Run or join the 5K AIDS Walk, **you are making a difference!**

Educate! Advocate! Donate! Walk!

100% of funds raised stay in
Northern New York

WHAT YOU NEED TO KNOW

BEFORE THE AIDS WALK/RUN

- Set a fundraising goal, and get people to sponsor you!
- Your sponsors can make a donation using this form or online: AIDSwalkCNY.com
- Make sure to collect the money in advance. Ask your sponsors to **PAY WHEN THEY PLEDGE**. All checks should be made payable to "AIDS Community Resources" (ACR).



MATCHING GIFTS - DOUBLE YOUR MONEY

You may be able to double your contributions! Ask everyone who sponsors you if their employer has a matching gift program. Hundreds of companies match the donations given by their employees. Also check with your own employer to see if they will match your donation and/or the money you raise.

ON WALK/RUN DAY

Bring this sponsor form and all money collected with you to the Registration Area from 11:30 AM - 12:45 PM. You will receive your earned incentives at that time. Arrive early and enjoy food, music, and fun! The First Frost AIDS Walk/Run begins promptly at 1PM, Rain or Shine.

IMPORTANT INFORMATION FOR RUNNERS



This year's timed 5K run will wind through the beautiful trails in Thompson Park and The New York State Zoo. Top male and female runners will receive awards.



All runners are required to register before race day by mailing in the registration form or registering online at AIDSwalkCNY.com. Packet pick up will be from 11:30 AM - 12:45 PM on event day in the registration area at Thompson Park.

