

# 1st Ever 5K Fun Run and Walk For Brachial Plexus Injuries



***Race Day: August 7, 2010, 9 a.m. sharp***

Saratoga Spa State Park  
Saratoga Springs, NY 12866

<u>Individual:</u>		<u>Family (4 Max):</u>
\$20	before July 15	\$35
\$25	after July 15	\$40

Registration begins at 8:00am at the Waring hut off the Avenue of Pines!

**Race time is 9:00am**

The term Brachial Plexus Injury (BPI) refers to an injury to the complex set of nerves that control the muscles of the fingers, hand, arm, and shoulder. The Brachial Plexus can be damaged in a number of different ways including accidents involving high impact conditions (automobiles, motorcycles, snowmobiles, sports) but most brachial plexus injuries are sustained during birth from excessive force being applied to the baby's neck and head resulting in stretching and/or tearing of the Brachial Plexus nerves. Proper labor management would prevent a majority of these preventable obstetrical injuries.

**Proceeds Benefit: United Brachial Plexus Network, Inc.**  
[www.ubpn.org](http://www.ubpn.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

**T-Shirt Size (Limited to the first 200 Registrants):**    \_\_\_ SM    \_\_\_ Med    \_\_\_ Lg    \_\_\_ X-Lg

**Please Mail to: 11 Aldrich Road Ballston Spa, NY 12020 or email form to [gallrich@nycap.rr.com](mailto:gallrich@nycap.rr.com)**

**Questions? Call Karan Allrich at (518) 885 1616**

In consideration and acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release all sponsors, volunteers, and all beneficiaries of the "5K Fun Run and Walk" from any and all claims for damages suffered by me as a result of participation in this race. I further state that I am in proper physical condition to participate in this event. I give full permission for the use of my name and/or picture in any broadcast, telecast, or any other public account of this event or future publicity and/or marketing materials for future "5K Fun Run and Walk" events.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date