

Print
Name _____

Address _____

City/Town _____
Zip _____

State _____

E-Mail _____

Age _____

Gender _____

T-Shirt Size: S M L XL XXL

ABOUT PUSH YOURSELF:

Push Yourself is the act of stepping outside of your comfort zone to stir and cultivate a movement that changes the world. If everyone pushed themselves to do more, the world would be a better place. One person going above and beyond can be infectious to those around them, creating a ripple effect of positive and uplifting actions.

Registration Info...

Fee: 20\$
(Participant receives PY T-Shirt)

Checks Payable:
PUSH YOURSELF.com

Send To:
ATTN: PY 5K
232 Dorking Road
Rochester NY, 14610

Benefiting:
LOCAL CHARITIES:
Rochester Crime Stoppers
Open Door Mission
Boys & Girls Club
Monroe County Area Food Cupboards

Contact:
Paul J. Valenti
paul@pushyourself.com

2nd Annual PUSH YOURSELF WALK/RUN 5K Challenge



&

CRIME STOPPERS



Teaming up to
"BLOW THE
WHISTLE ON
CRIME"

In memory
of homicide
victim
**Paulie
Vasconcellos**

Sunday, October 16th 2011
9:00am @ Ellison Park

WHEN:
**Sunday, October
16th, 2011 @ 9AM**

**(Registration and Donation
collection starts @ 8AM)**

WHERE:
Ellison Park

**Intersection of Blossom
and Richs Dugway Road**

REGISTRATION:

www.PUSHYOURSELF.com

Valenti Sports
**(2195 Monroe Ave,
Brighton NY, 14618)**

www.active.com

Or By Mail
(See reverse side for address)

IMPORTANT INFORMATION ABOUT THE PY CHALLENGE:

In order to participate in the PY challenge you must bring one non-perishable food item, one pair of gently used shoes or clothing, and one book for local charities. Of course you could push yourself and bring more than one of the items mentioned above. The PY Challenge is about PUSHING YOURSELF physically and socially. You will be walking/running a 5k, doing some pushups/sit-ups on the way, and donating goods for local charities. It's going to be a great event!

******* This is not a race, it is a challenge. It is not about times, awards, or prizes. This event is about PUSHING YOURSELF to do the best you can do, being part of a great movement and to help build awareness for CRIME STOPPERS.**

