

Join us

for our 5k (3.1 mile) run/walk to help combat autism! All race proceeds go to HeartShare Human Services' programs to help children and families with autism.

Trophies for Male/Female overall winners:
(1st, 2nd and 3rd)

Age Group Trophies for Male/Female Top 3

19 & Under	40-49
20-29	50-59
30-39	60+

*T-shirts for the first 125 Participants!

*1st Overall Male & Female win a 3 month membership to Harbor Fitness!

REGISTRATION

Pre Register at either Harbor Fitness Location or download and print brochure and mail to:

9215 Fourth Avenue Brooklyn, NY 11209

Fees:

Before April 25th	\$15
Race Day	\$20

Make checks payable to Harbor Fitness, include in comments line "Race For Autism"

Race Day register from 8:00am-10:15am
(For Pee Wee run until 9:45am)

RACE COURSE

Start at Harbor Fitness, 92nd Street & Fourth Avenue, on Fourth Avenue to 101st Street overpass (R) continue to 79th Street turnaround. Finish by the base of the Verrazano Bridge.

Pee-Wee Run-10:00am

Run for children ages 12 & under, awards for all kids who participate! Fun activities for the kids- face painting, games, gifts & more!

POST RACE PARTY & AWARDS

Join us for our Post-Race Party and Awards Ceremony and Raffle Drawing following the race.

RACE INFO/VOLUNTEERING

Contact the Brooklyn Road Runner's Club at 917-238-9447.

The Race to Combat Autism is part of Harbor Fitness's week-long *Combat Autism Week* taking place at both locations. Visit our clubs or check our website at harborfitness.com for a complete schedule of activities!

Race to Combat Autism Sunday, April 25th, 2010

Brooklyn Road Runner's Club Number

Last Name _____

First Name _____

Mailing Address _____

City, State _____

Zip _____

Email Address _____

Age _____ Sex _____

Phone _____

I know that running in Brooklyn Road Runner's Club (BRR) activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in BRR activities, including, but not limited to, falls, contact with other participants, the effect of the weather including heat and humidity, traffic and the conditions of the roads, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the BRR, TAC, The City of New York, Department of Parks and Recreation, MAC, Harbor Fitness, FDNY, NYPD, HeartShare and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this even though that liability may arise out of my negligence or carelessness on the part of persons named in this waiver.

Signature _____

Guardian Signature (under 18 years)

Date _____

The Facts About Autism

Autism is a complex neurobiological disorder and developmental disability that is typically diagnosed before the age of 3 and lasts throughout a person's life.

- **1 in 150** children are diagnosed with Autism.
- **There has been a 300%** increase in students with autism in the last 5 years.
- **3,788** children with autism are enrolled in New York's school system.
- Autism receives less than 5% of the research funding of many less prevalent childhood diseases.
- Boys are four times more likely than girls to have autism.
- There is no medical detection or cure for autism.
- Early intervention and specialized programs significantly help those diagnosed with autism learn and develop.



With locations that are open 24 hours in Bay Ridge and Park Slope. Brooklyn, **Harbor Fitness** offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and Pilates. Both locations offer free child care and the latest in cardio and strength training equipment.

Bay Ridge 9215 Fourth Avenue 718-238-9400

Park Slope 191 15th Street 718-965-6200

harborfitness.com



HeartShare provides individual plans & approaches essential to improving the lives of children and adults with autism and the spectrum disorders.

• **Pre-School Services**

Children between the ages of 3 and 5 diagnosed with autism spectrum disorders receive educational and therapeutic services through HeartShare's four **First Step Early Childhood Centers** in Brooklyn and Queens.

• **School-Age Services**

The HeartShare School provides education for children ages 5 through 21 diagnosed with autism and mental retardation from all 5 boroughs of New York City. Services include occupational, speech and physical therapies. Classes combine ABA and TEACCH style learning and contain computers with touch screen monitors and specialized software. For more information visit Heartshare.org



Race 
to combat autism

**Sunday,
April 25th
10:30am**

Pee Wee Run at 10:00am

Harbor Fitness
9215 Fourth Avenue
Bay Ridge, Brooklyn

Co-sponsored by the
Brooklyn Road Runner's Club

***All proceeds benefit
HeartShare Human Services'
Autism Programs***

www.harborfitness.com