



THE ELIZABETH AMISANO OVARIAN CANCER EDUCATION FUND AND
THE WATKINS GLEN HIGH SCHOOL TRACK TEAM
ARE CO-SPONSORING THE

LIVE LIKE LIZ

5K RUN/WALK (10:00 AM)

KIDS' FUN RUN -FREE (9:30 am)



Sunday, June 5, 2011

Beginning at the

Watkins Glen High School Track

Continuing south on the Catharine Valley Trail

~All proceeds go toward raising ovarian cancer awareness~

Mail Registration

Mailed registrations must be postmarked by May 24, 2011.

Fill out the registration form on the opposite side and mail it with your check made out to **Live Like Liz** (PLEASE DO NOT SEND CASH) to:

Watkins Glen High School
ATTN: Bonnie Specchio
301 12th Street
Watkins Glen, NY 14891

The schedule for the day is as follows:

8:00 am	Race Day Registration Opens
8:00 am	Education Tent Opens
8:45 am	Keynote Speaker
9:15 am	Registration Closes
9:30 am	Kids' Fun Run
10:00 am	5K Run/Walk

Drop-off Registration Form

The deadline for drop-off registrations is May 26, 2011.

Registration forms and money may be placed in an envelope and dropped off at the Watkins Glen High School, 301 12th St., Watkins Glen, NY 14891. Please address envelope to Live Like Liz, ATTN: Bonnie Specchio. Checks are encouraged (made out to **Live Like Liz**).

Race Day Registration

Bring your completed registration form and check or cash to the Registration table on Race Day from 8:00 am to 9:15 am.

www.LiveLikeLiz.org

