

The 2006 Couch Potato Challenge

**Proceeds to benefit
the Lester Family**

Date: June 17, 2006

Pre-register by: 06/06/06

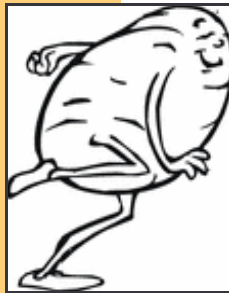
Events:

•**5k Road Race.** This is NOT a certified course, however it has been "potato-eyed" to approximately 3.1 miles. Start time is 9:00 am. Registration fee is \$15.00 if received before 06/06/06, \$18.00 if received 06/07/06 or later, \$18.00 same day registration. *You must finish to receive a t-shirt.*

•**2 Mile Fitness Walk.** Again, this course has been "potato-eyed" to approximately 2.0 miles. Start time is 9:10 am. Registration fee is \$15.00 if received before 06/06/06, \$18.00 if received 06/07/06 or later, \$18.00 same day registration. (This is a free event for kids 10 and under.) *You must finish to receive a t-shirt.*

•**Team Couch Race.** One of the greatest events you could ever be a part of! A team of five (four runners and one rider) must carry a loveseat sized (or larger) couch from point A to point B without losing any of their required items (see back for details). Teams will be judged on appearance, style, and ingenuity. The winning team will take home the coveted Couch Potato Trophy. Start time 10:05 am. Registration fee is \$60.00 per team if received before 06/06/06, \$70.00 if received 06/07/06 or later, \$70.00 same day registration. Entry fee is waived if team members participate in either the 5k Road Race or the 2 Mile Fitness Walk. *Finishers who did not participate in the 5k Road Race or the 2 mile Fitness Walk will receive a t-shirt.*

•**Tater Tot Sack Race.** A potato sack race for kids. (12 and under.) Every entrant receives a ribbon. (No t-shirts for finishers in this event.) Distances will be age appropriate and adjusted accordingly. This event begins after the Team Couch Race. This is a free event. No registration required. (Donations accepted.)



Events begin at 9:00 am

Prizes

Overall male and female winners receive a winner's basket full of great items, and a trophy like none other!

First place age group winners receive a (smaller) trophy like none other!

Second place age group winners receive a ready to bake sweet potato pie.

Finishers in the 5k Road Race, 2 Mile Fitness Walk, and Team Couch Race receive t-shirts.

You must finish to receive a t-shirt.

**Brought to you by:
The Couch Potato Fitness Club
and
The Clarkson Hamlin Mom's Club**

**All events begin and end at Kronys
Pizza etc. On the corner of Clarkson-
Hamlin Townline Road & Rt. 19 in
Hamlin, New York.**

**There will be one water station on the
5k course, and one on the 2 mile
course.**

Timing by PCR Timing

For more information/registration forms call or e-mail:

**Julia Mundorff (585) 637-3752
mmundorff@rochester.rr.com**

**Or
Chrisa Yaeger (585) 964-7845
cnyaeger@rochester.rr.com**

Make checks out to
The Couch Potato Challenge
& mail form and entry fee/s to:

**The Couch Potato Fitness Club
8098 Ridge Road
Brockport, New York 14420**

(Please fill out front and back of
this form.)

Name

Phone or e-mail

Address

Sex

Age on race day

T-Shirt Size: S M L XL

Waiver: I/We, the participant or parent/guardian of the participant, assume all risks and hazards incidental to such participation; and I/we hereby waive, release, absolve, indemnify, and hold harmless, The Couch Potato Fitness Club, The Clarkson-Hamlin Mom's Club, and the towns of Hamlin and Clarkson, employees thereof, volunteers, organizers, guest speakers, mentors, coaches, and/or supervisors. I/We know of no reason I/we should not participate in this race/program.

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date

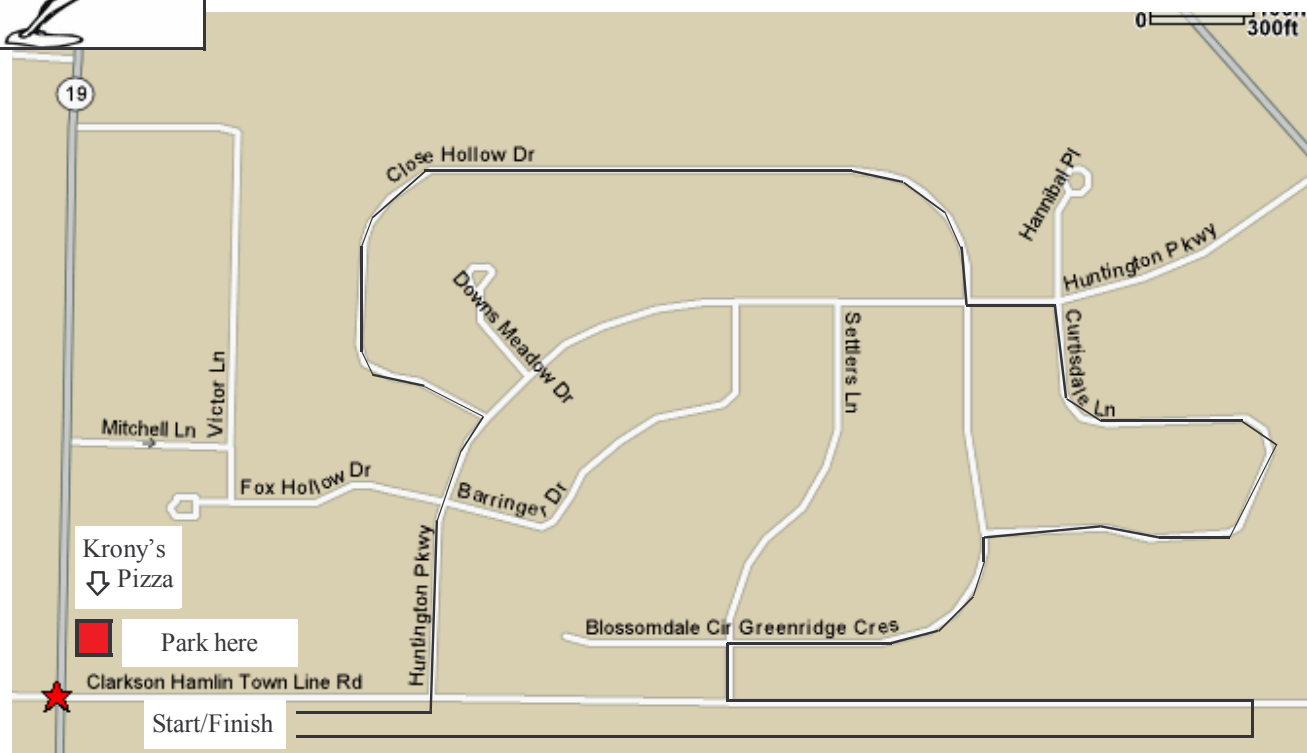


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Date: June 17, 2006

Events begin at 9:00 am

Course and Course Description



Course Description: Flat and fun!

(Map not to scale)

Team Couch Race Rules: Teams must consist of 5 people: one rider and four carriers. The carriers must carry a loveseat sized (or larger) couch from Point A to Point B. The rider must remain on the couch the entire time. Along with the rider, the following items must be somewhere on the couch: a TV remote control, an afghan or throw blanket, and some sort of snack food (either good or bad for you). All team members must be 15 years or older. The first team to cross the finish line with it's rider and all required items will win a fantastic trophy and the honorable title of Couch Potato Champions! An additional prize will be given to the most creative couch (judged on appearance, style, and ingenuity) regardless of finishing place. So get creative and have fun! (See registration fees on front.)

For more information/registration forms call or e-mail:

Julia Mundorff (585) 637-3752

mmundorff@rochester.rr.com

Or

Chrisa Yaeger (585) 964-7845

cnyaeger@rochester.rr.com

To register: check all that apply below, add dollar amounts, and mail.

I am including my registration fee for the following event/s:

___ 5k Road Race.....\$_____

___ 2 Mile Fitness Walk.....\$_____

___ Team Couch Race (please list teammates).....\$_____

1. _____

2. _____

3. _____

4. _____

I am including an additional donation of..\$_____

**I will *not* be participating in the
2006 Couch Potato Challenge
but please accept my donation of.....\$_____**

Total enclosed.....\$_____

For Office Use Only:

Comments/notes:

Bib #: _____ **Event:** _____

PIF: _____