



# Colleen M. Supinski Annual 5K Run/Walk



"In Remembrance" ~ September 11, 2001



Sponsored by Notre Dame High School

**DATE: Sunday, September 19, 2010**

**TIME: 9:00 AM**

**PLACE: Notre Dame High School**  
3417 Church Road., Easton, PA 18045

**Pre-register by: Sept. 8, 2010**

**Check-in Time: 7:30-8:45 AM**

Pre-entry: \$25 (includes shirt)

Race Day Entry: \$30

(shirts available while supplies last - not guaranteed after 9/8/10 deadline)

\*No rain date

\*Race Course is flat, fast & loops around Green Pond.

\*Start & finish at Notre Dame H.S.

\*Walk is flat, macadam & grass

Checks Payable to:

Notre Dame High School

Mail to: Colleen M. Supinski 5K Run/Walk

P.O. Box K

Easton, PA 18044

For more info email:

5krunwalk@cmsfoundation.net



## PRIZES:

Overall top Male & Female  
Top 3 Male & Female in each age group.

### Age Groupings:

13-18, 19-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60+

### Directions:

From NJ: Interstate 78 West to Route 33 North Exit in PA. Take Route 33 North to William Penn Hwy Exit. Turn Left onto Wm Penn Hwy. Go approx .7 mi, turn right onto Green Pond Rd., go .1 mi & turn right. From PA: 78 East to Rout 33 North, & follow directions above. From Route 80 East: Take Route 33 South to Wm. Penn Hwy Exit. Turn right onto Wm Penn Hwy, & follow directions above.

## Don't forget...

register and pay online

[www.cmsfoundation.net](http://www.cmsfoundation.net)

### Proceeds benefit the Colleen M. Supinski Foundation Inc. supporting scholarship and varied philanthropic purposes

A 1996 graduate of Susquehanna University and a 1992 graduate of Notre Dame High School, Green Pond, Colleen reached out to make a difference in the lives of others. She was a great motivator, who cared deeply about her family and friends, and lives in the memory of the people who knew her. Her family, her Kappa Delta sorority sisters and other SU friends, her hometown community in Easton, PA, her Manhattan friends, her Wall Street and other business colleagues, her high school and SU cross country and track teammates, those she met while studying in Aix en Provence. All are forever blessed for having known her and experienced her warmth.

Colleen understood the importance of creating her own opportunities and welcomed her challenges. She and her colleagues shared a camaraderie on their trading desk in the World Trade Center's South Tower. Colleen was among friends on September 11, 2001.

Please circle one event:

**RUN    WALK**

Name

Phone

Adult Shirt size: S M L XL

Address

Sex

Age on race day

Amount paid: \$\_\_\_\_\_

email address

Please enter me in the Colleen M. Supinski Run/Walk, in consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, and any minor child (if applicable) waive any and all rights of claims for damages I may have against Notre Dame High School, Colleen M Supinski Foundation and other sponsors, and any other persons affiliated with this event, its agents, representatives, and successors. It is my further declaration that I consider myself to be in excellent physical health, and that I have sufficient training so as to be in such physical condition to participate in and complete the run/walk. I assume all risks associated with this event including but not limited to, falls, contact with other participants, the effect of weather, including high heat or humidity, traffic conditions of the road, all risks being known and appreciated by me. This form must be signed by all participants, and parent or guardian if the entrant is under 18 years old. One form per entrant, please

Signature

Date

Signature of Parent or Guardian if under 18 years of age