



**5K Run, 2.5K Walk,
Kid's Races &
Halloween Activities
Aston, PA**

Joey's Race
for a Cure

On Sunday, October 22, 2017 the family and friends of Joe Uff will hold the 11th "Uff is Tough" Run/Walk at Sun Valley High School and through the streets of Aston.

Joey was diagnosed with colon cancer at the age of 27. He bravely battled the disease for four years and died of his 31st birthday. After he passed away, we decided to continue the event and give the money to other families struggling with this horrible disease. For more details go to

www.UffisTough.com.

The first "Uff is Tough" Run/Walk in October 2006 was an unbelievable success. More than 700 participants came together and had a wonderful time. The second event was just as successful. It is difficult to express the gratitude that Joey and his family felt after seeing the support from everyone during those events. It left a lasting impression that we'll never forget. We want to pass that feeling on to other families dealing with the same hardship.

We hope you are one of the many runners/walkers who make the "Uff is Tough" Run/Walk another major success.

****We need donated gifts and merchandise for use in our raffle, auction and event.***

Race Information

Date: Sunday October 22, 2017
Location: Sun Valley High School
Distance: 5K Run
 2.5K Walk
 ¼ Mile (5-6 yrs. old)
 ½ Mile (7-8 yrs. old)
 1 Mile (9-10 yrs. & 11- 12 yrs.)

All participants pre-registered by Oct. 15 will receive a free T-shirt. Participants registering after Oct 15 and on the day of the race will receive a free T-shirt while supplies last.

Schedule of Events:

- 11:00** Registration
- 1:00** Runners Start
- 1:05** Walkers Start
- 2:00** Kid's Races
- 2:30** Awards Ceremony

Prize Categories

- Best Costume Runner and Walker
- Top 3 Overall Walkers
- Kids Prizes
- Overall Male & Female Runners
- Age Groups:** 13 & Under; 14-19; 20-29; 30-39; 40-49; 50-59;60 & Over

Post race activities include auction, raffle, costume contest, and kid's activities.

For more information call (610) 325-8164 or email uffistough@yahoo.com or www.UffisTough.com

Registration Form

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone No. (_____) _____
 E-mail Address _____
 Age on Race Day _____ Male Female

Entry Type :
 Runner Walker Kid's Races

T-Shirt Size: Kids S M L XL XXL
 *Waiver: In consideration of being permitted in this event, I hereby for myself, my heirs and personal representatives assume any and all risks which might be associated with this event, and I further waive, release, discharge and covenant not to sue sponsors, officials, contributors, organizers, volunteers and beneficiaries or their successors and assigns for any and all injuries and damages of any kind whatsoever suffered by me as a result of taking part in the event and related activities. I also give permission for free use of my name and picture in any broadcast, telecast or other account of the event.

One signature per application. Photocopies are acceptable.
 Signature: _____ Date: _____

Parent/Guardian if under 18:
 _____ Date: _____

Fee:
 Early Registration: Adults-\$25, Kids under 12-\$10
 Race Day Registration (Oct. 20): Adults-\$30; Kid's-\$15

I am unable to participate, but please accept my donation of \$ _____
 Make checks payable to:
 The Joe Uff Cancer Foundation
 2360 Overlook Drive
 Aston, PA 19014

The Joe Uff Cancer Foundation is a not-for-profit corporation with 501(c)(3) tax-exempt status pending.