

**2008 Event Sponsors**



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Center for Pm & R



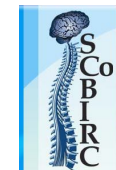
Non-Profit Organization  
U.S. Postage  
**PAID**  
Permit #12  
Campbellsburg, KY



Friends For Michael, Inc. Spinal Cord Injury Org.  
PO Box 212  
Campbellsburg, KY 40011



Race #2  
2008 Kentucky Championship Series



KENTUCKY SPINAL CORD INJURY RESEARCH CENTER  
UNIVERSITY OF LOUISVILLE

**Mission Statement:** Our mission is to encourage and support research that will help victims overcome their spinal cord injuries as well as providing grants and activities to improve the quality of life for the individuals having this disability, providing educational spinal cord injury awareness and prevention to others and award annual scholarships to students who volunteer their time to the organization.

Friends For Michael was founded in 1997 due to the car accident of 18 yr. old Michael Brent, well known in the community for his academic and athletic talents. In January 2001, FFM set up an endowment with the Kentucky Spinal Cord Research Center at the University of Louisville. In 2002 FFM joined with the Kentucky Wheelchair Athletic Association and Derby City NSCIA to form the very first Spinal Cord Injury Association of Kentucky (SCI-AK). FFM sponsors several annual events that has brought in several celebrities such as Hall of Fame Coach Denny Crum, Miss America Heather French Henry, 2003 Ms. Wheelchair KY Missy Jenkins and 2005 Ms. Wheelchair KY Michelle Bazeley, former UofL Football Coach John L. Smith, former IRL Driver, now team owner, Sam Schmidt, Olympian Medalist Dr. Doug Sharp, and nationally renowned researcher Dr. Scott Whittemore, and more. In May 2004, Michael received UK's Adelstein Award, given to students with disabilities who are inspirations to others & graduated from the University of Kentucky with a Bachelor's in Broadcast Journalism. Michael returned in the fall and became staff writer for the Cat's Pause while he pursued his Masters degree. Michael was just 2 ½ wks away from graduation when he passed away. In 2007 we also made our first donation to the University of Kentucky Spinal Cord & Brain Injury Research Center and set up a scholarship fund through the UofL Disability Service Center. In honor of Michael, Friends For Michael broke ground on April 17, 2008 for the new "ALL ACCESSIBLE PLAYGROUND" at the new Henry County Recreational and Services Park being built in New Castle, KY. This project is scheduled to open in 2009. Michael is no longer in our physical presence but his faith, courage and determination will continue to inspire many for years to come. His story and memory will not die, but will continue to help us strive towards helping others. It is what Michael would have wanted. Please come be a part of something wonderful happening because of such a terrific young man!

**Directions to Henry County High School (1120 Eminence Rd. New Castle, KY)**

- From Louisville:** I-71 N to Exit 28 (New Castle/Sligo). Turn RIGHT. Go to 4-way Stop. Turn LEFT (Hwy 146) Go 6 miles to next 4-way Stop. Turn RIGHT (Hwy 55/421) HCHS one mile on LEFT.
- From Cincinnati:** I-71/I-75 S to Exit 34 (Campbellsburg) Turn LEFT (Hwy 421 SE) 10 miles to New Castle through 4-way Stop. HCHS one mile on LEFT.
- From I-64 – Exit 35 (Shelbyville) Hwy 53-55N.** Hwy 55N will take you directly to New Castle (approx. 22 mi) HCHS on RIGHT



**12<sup>th</sup> Annual Friends For Michael  
5K Run/Walk & Wheel  
September 27, 2008  
9:00 AM  
Race #2 of the  
2008 USA TF Kentucky Association  
LDR 5K Championship Series**



HENRY COUNTY HIGH SCHOOL NEW CASTLE, KY

**\*Registration begins 7:15 am**

**\* \$20 or \$15 if postmarked by September 20, 2008**

**\* NEW\* K-12 Student Race Fees-\$10 if accompanied by a participating adult.**

\*Team (team packets available)     Individual     Run     Walk     Handcycle/Wheelchair

\*Team Name \_\_\_\_\_ T-Shirt Size S M L XL XXL Child 6-8

Male     Female                      11 & under    12-19    20-29    30-39    40-49    50-59    60+    Handcycle/Wheelchair

For more SERIES information: <http://kentucky.usatf.org> or contact David Lawhorn (502) 330-1933  
Men & Women who wish to participate and be eligible for cash prizes in the Kentucky Association 5k Running Series for Open and Masters must be members of THE KENTUCKY ASSOCIATION of USATF (USA Track & Field) prior to the race. Runners seeking to become members may do so online at <http://www.usatf.org/membership/> or **sign up before the start of the race at the packet pickup area.**  
If you already have your USATF Kentucky please provide your number below:

2008 KENTUCKY ASSOCIATION of USATF Membership Number: \_\_\_\_\_

\_\_\_\_\_  
Last Name                                      First Name                                      MI

\_\_\_\_\_  
Address

\_\_\_\_\_  
City    State    Zip Code

\_\_\_\_\_  
Phone #    Email Address

\_\_\_\_\_  
Birth Date                                      Age on Race Day

**WAIVER OF LIABILITY** In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors & administrators, do waive and release forever any and all rights and claims for damages I may accrue against all persons and agencies involved with this race, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Friends For Michael, Inc. 5K Run/Walk on Saturday, September 27, 2008, in New Castle, KY. Furthermore, I hereby grant full permission to any, or all of the foregoing to use my likeness for any publicity and/or promotional purposes without obligation of liability to me.

\_\_\_\_\_  
Signature of Applicant                      Date

\_\_\_\_\_  
Signature of Parent/Guardian if under 18                      Date

**VOLUNTEER & INFORMATION REQUEST**

- I cannot participate this year but include my donation \$ \_\_\_\_\_
- I will be collecting pledges, please send an Pledge Packet
- \*Please send me a Team Packet
- Please call me about Volunteer Opportunities
- I found about this 5K/Fun Run from \_\_\_\_\_

Mail form & registration fees to: Friends For Michael, Inc.  
P.O. Box 212  
Campbellsburg, KY 40011

Questions? Call 502-396-3214 or 502-532-7979                      [cindy@friendsformichael.org](mailto:cindy@friendsformichael.org) or [www.friendsformichael.org](http://www.friendsformichael.org)



## 2008 USATF Kentucky Association LDR 5k Championship Series:

### Events:

#### **July 26, 2008 5k LDR Association Series Event**

(28<sup>th</sup> Annual West Louisville Appreciation 5k Run- Louisville, KY)

**More Race Information:** [www.derbycityac.com](http://www.derbycityac.com) (2008 race will be posted in the coming months)

**Race Contact:** David Flaughter- 502-664-7427

#### **USATF Kentucky Association Series Prize Money:**

KY Association Open Men- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Men- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

KY Association Open Women- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Women- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

USATF Event Total \$800

#### **September 27, 2008 5k LDR Association Series Event**

(10<sup>th</sup> Friends for Michael 5k Run- New Castle, KY)

**More Race Information:** [www.friendsformichael.org](http://www.friendsformichael.org) (2008 race will be posted in the coming months)

**Race Contact:** Cindy Norton- 502-532-7071

#### **USATF Kentucky Association Series Prize Money:**

KY Association Open Men- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Men- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

KY Association Open Women- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Women- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

USATF Event Total \$800

#### **October 24, 2008 5k LDR Association Series Event**

(Black Cat Chase 5k Run- Frankfort, KY)

**More Race Information:** [www.frankfortymca.org](http://www.frankfortymca.org) (2008 race will be posted in the coming months)

**Race Contact:** Frank Miklavcic- 502-320-2264 or David Lawhorn 502-330-1933

#### **USATF Kentucky Association Series Prize Money:**

KY Association Open Men- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Men- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

KY Association Open Women- 1<sup>st</sup> \$150, 2<sup>nd</sup> \$75, 3<sup>rd</sup> \$25

KY Association Master Women- 1<sup>st</sup> \$75, 2<sup>nd</sup> \$50 3<sup>rd</sup> \$25

USATF Event Total \$800

### **2008 USATF Kentucky Association LDR 5k Championship Series**