



E I G H T H A N N U A L
J O G F O R T H E



J A K E
2 0 0 9

FATHER'S DAY 5K
SUNDAY, JUNE 21
9:30 A.M. SHARP

DELAWARE PARK

RUN, WALK, WHEEL

A 5K road race in memory of Lawrence D. Jacobs, M.D. and in honor of all fathers. Dr. Jacobs, a world-renowned multiple sclerosis expert and researcher, was the founder of The Jacobs Neurological Institute (JNI).

Proceeds will benefit the JNI, a neurological center of excellence in Buffalo, NY, with advanced research and patient programs.

The JNI provides care to children and adults with neurological conditions including multiple sclerosis, epilepsy, stroke, Alzheimer's and Parkinson's disease.

NEW THIS YEAR!

FREE post-race Father's Day Brunch to all runners and kids fun runners. All guests and spectators are kindly asked for a \$5 (individual) or \$10 (family) donation to the JNI.

SPONSORED BY

biogen idec



Register online at www.jogforthejake.org




HIS LIFE—HIS WORK

The 8th annual **JOG FOR THE JAKE** founded by Sue Epstein will once again be held in memory of the late Dr. Lawrence D. Jacobs, a lifelong Buffalo resident and internationally acclaimed researcher in the field of multiple sclerosis (MS). Dr. Jacobs was Chair of the Department of Neurology of the University at Buffalo, the State University of New York School of Medicine and Biomedical Sciences and Director of The Jacobs Neurological Institute. He is world-renowned for his successful breakthroughs in the treatment of MS. Dr. Jacobs was the principal investigator for the National Institute of Health clinical trial, which led to the FDA approval of interferon beta-1a (Avonex). Avonex is the most widely prescribed drug for patients suffering from relapsing MS.

All proceeds from the race stay right here in Buffalo to support the team and research that makes the Jacobs Neurological Institute a center of excellence.



THE RACE

COURSE

The USA Track & Field certified 5K course will begin in Delaware Park near the Meadow Road entrance and lap through scenic Delaware Park. **Runners, walkers, and wheelchair riders of all abilities are encouraged to participate.** Water stations are provided along the course.

Cross the Finish Line with Chip Time Results, using “Champion Chip Technology.” The chip attaches to the runner’s shoe. A double-sided finish line clock will be posted at the finish line with results immediately following completion of the race. All chips must be given to finish line volunteers. **Walkers/runners who do not wish to be timed should not take a chip at the race packet pick-up. Chips are the participant’s responsibility and participants will be charged the replacement cost of any unreturned chips.**

Course Restrictions: For everyone’s safety, bicycles, strollers, jogging strollers, roller blades, and pets are prohibited on the race course.



RACE INFORMATION

ENTRY FEE

- \$ 20.00 received by June 12, 2009
- \$ 25.00 after June 12, 2009

Register online at www.jogforthejake.org
OR

mail the completed registration form with payment

Pre-Registration and race packet pick-up will be held Saturday, June 20, 2009 from 10:00 a.m. - 2:00 p.m. at Nichols School Ice Rink at the corner of Amherst Street and Colvin Avenue. Registration on day of race will be held at Nichols starting at 7:30 a.m.

All participants will receive a Jog for the Jake t-shirt and a silicone wristband for entry into the post-race lunch.

For more information, please contact Emily Wyckoff at emilywyckoffjog@yahoo.com or (716) 859-7589.



AWARDS AND PRIZES

Commemorative iPod Shuffles® and Jog for the Jake caps courtesy of New Era Cap will be awarded to the **first, second, and third** place finishers **overall** in the male and female divisions; and to the **first male and female finishers overall** in the Masters division. The **first** place finisher in each age group will receive a commemorative iPod Shuffle® with **second** and **third** place finishers receiving a commemorative hat.

AGE GROUPS

0-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70-74
25-29	50-54	75 & over
30-34	55-59	

No Duplicate Awards



KIDS RACE

A **Trot for Tots** (ages one to five) and a **Kids Fun Run** (ages six to ten) will be run separately offering an opportunity for children, parents and friends to participate in events designed to encourage fitness and fun and celebrate the memory of Dr. Lawrence Jacobs. Dr. Jacobs touched people's lives all over the world and especially in Buffalo, providing them with knowledge, understanding and hope. The runs, directed by the University at Buffalo Track team, will take place at Nichols School at the corner of Amherst St. and Colvin Ave.

START Warm up: 8:30 a.m./Run: 8:45 a.m. SHARP **ENTRY FEE** \$5.00

Parents: please arrive on time to ensure your child makes the race start. All children will receive a chocolate winner's medal and t-shirt.

Kids Race Sponsored By:



FAMILY DAY

Bring the whole family to the post-race party, truly in "The Jake" style. Celebrate this special day for all fathers as we honor the accomplishments of Dr. Lawrence D. Jacobs. Children will enjoy a bounce house, a climbing wall with trained staff from the Niagara Climbing Center, interactive displays from the SPCA and Albright-Knox Art Gallery, and a toddler area with toys donated by Fisher-Price. There will also be plenty of food and cold beverages.

NEW THIS YEAR!

Free post-race Father's Day Brunch will be provided to all runners and kids fun runners. Each registered runner will receive a commemorative Jog for the Jake silicone wristband good for entry to the event. All runners must wear wristband for entry. Guests and spectators are kindly asked to make a \$5 (individual) or \$10 (family) donation to The Jacobs Neurological Institute. Volunteers will be stationed at the registration area to collect donations.



OUR SPONSORS

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THANKS TO ALL FOR CELEBRATING
DR. JACOBS' LIFE & VISION.

Thank you to our partners who make the Jog for the Jake possible:

Albright-Knox Art Gallery	People Inc. PIVOT Program
Buffalo Seminary	SPCA
Delaware North Cos. Inc.	Tapestry School
Katie Schneider Photography	Try-It Distributing
Lawley Insurance	University at Buffalo
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Noein Inc. & The eXubrio Group	Our Many Volunteers

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REGISTRATION FORM

Register online at www.jogforthejake.org or complete the form below.



Runner/ Walker #1 5K Kids Race
 Male Female S M L XL
Age Sex Shirt Size

Runner/ Walker #2 5K Kids Race
 Male Female S M L XL
Age Sex Shirt Size

Runner/ Walker #3 5K Kids Race
 Male Female S M L XL
Age Sex Shirt Size

Runner/ Walker #4 5K Kids Race
 Male Female S M L XL
Age Sex Shirt Size

COMPANY INFORMATION (OPTIONAL)

Company Name

Company Address

City State Zip

Work Phone Extension Email Address

HOME ADDRESS

Street Address

City State Zip

Home Phone Email Address

ENTRY FEE (Entry fee includes "Jog for the Jake" t-shirt and FREE Father's Day Brunch)

- 20.00 per runner/walker received by June 12, 2009
- 25.00 per runner/walker after June 12, 2009
- 5.00 per child participating in the Kids Race

DONATE

- I have enclosed my entry fee plus an additional donation of \$ _____
- I cannot attend this year, but enclosed is my donation of \$ _____

Please make check payable to:

The Lawrence D. Jacobs Memorial Foundation

Mail check with registration form to:

Jog for the Jake, P.O. Box 338, Buffalo, NY 14205

WAIVER

In consideration for my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators; waive, release, and forever discharge any and all claims and rights for damages which I have or which may hereafter occur to against Jog for the Jake, the City of Buffalo, T.A.C., The Nichols School, all other donors and contributors and successors and assigns for any and all damages which may be sustained by me in connection with or entry in and arising out of my traveling to, participating in and returning from said event.

Participant/Guardian Signature

Date



PLEDGE FORM

For more information, please contact Emily Wyckoff at emilywyckoffjog@yahoo.com or (716) 859-7589.

SUNDAY, JUNE 21, 2009

Delaware Park Start: 9:30 a.m. Registration: 7:30 to 9:30 a.m.

 Runner/Walker's Name

 Company Name (Optional)

Please make checks payable to **The Lawrence D. Jacobs Memorial Foundation**. Bring your contributions with the registration form to the registration area. The contribution form is for your records only.

Sponsor's Name	Mailing Address	City, State, Zip	Phone	Donation (Cash or check)	Donation Online (Credit Card)	
Ex. Sarah Smith	315 Main Street	Buffalo, NY 14201	716-555-5555	\$50	\$200	
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DONATIONS CAN ALSO BE MADE ONLINE BY VISITING WWW.JOGFORTHEJAKE.ORG				TOTAL	\$	\$

Participants who raise \$250 or more will receive a Jog for the Jake cap. The participant who raises the most pledge funds will receive a commemorative iPod Shuffle®.