



# 5K Run 4 Vocations

*we're not raising money.  
we're raising prayers!*

*Saturday, May 14, 2011*

*The Crossings, Colonie, NY*

*South Pavilion Area*

*580 Albany-Shaker Road, Albany, NY*

*9:30AM - Registration*

*10:00AM - Kickoff*

*11:00AM - 5K Run and walk*

*Noon - FUN RUNS for children 10 years old and under (\$1.00 fee)*

*Suggested Donation:*

*\$20.00 Registration (Includes lunch)*

*\$25.00 Late Registration (After April 1, 2011)*

*\$30.00 Family Registration (2 shirts per family while supplies last.)*

*Free T-shirt: for those who register before May 1, 2011!*

*Shirts available for the first 300 registrations.*

*Register online at: [www.AlbanyVocations.org](http://www.AlbanyVocations.org)*

*Or contact: Sister Rosemary Ann Cuneo, CR at 518-674-3818*