



# MOHAWK VALLEY RESOURCE CENTER FOR REFUGEES

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[www.allenclark.com](http://www.allenclark.com)

The Mohawk Valley Resource Center for Refugees is forming an International Mile Running Team sponsored by Excellus BCBS, made up of current and former refugees, staff and community members. Any member of the community is welcome to join and support the wonderful diversity that Utica has to offer. You too can become part of the family!

By running the 5k or 15k you will receive a moisture wicking running shirt!

If you are unable to participate as a member of the team you can still help out by sponsoring the team and receive a complimentary 100% cotton t-shirt!



## 2010 MVRRCR INTERNATIONAL MILE TEAM - REGISTRATION FORM

Yes! I want to be a member of the team!  
(5k/15k receive a moisture wicking running shirt)

Yes! I want to sponsor the team!  
(receive a 100% cotton t-shirt)

Walk       5K       15K  
Shirt Size (circle size): S M L XL

Shirt Size (circle size): S M L XL 2XL

Team Member Fee: \$20

Sponsorship Fee: \$10

I would like to receive my shirt (Please select one):

Send to address below

I will pick-up at the Refugee Center

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Phone number: \_\_\_\_\_ E-mail: \_\_\_\_\_

My check payable to MVRRCR for \$\_\_\_\_\_ is included.

Mail To: Mohawk Valley Resource Center for Refugees - 309 Genesee St. - Utica, NY 13501  
Phone: 315.738.1083      [www.internationalmile.org](http://www.internationalmile.org)

Many Cultures, One Community