

The Christine Federico Ambrose Education Fund was created in May 2011 after the untimely and sudden passing of Chris. The fund was established to raise money for the education of Chris and Larry Ambrose's eight wonderful children – Larry, Jordan, Zach, Celeste, Simon, Faith, Carmel and Solomon. Chris was a dedicated runner who liked nothing more than to run along the beaches of Sea Isle City, NJ.

Disclaimer: In consideration of the furtherance of your purpose, objective and work, and in consideration of your permitting me to participate in your "Run/walk" event on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the municipalities through which the event will take place, as well as any other person connected with the event, their heirs, executors, administrators, successors and assigns for any and all injuries which I may suffer while taking part in the event or as a result thereof.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature (if under 18):

\_\_\_\_\_

Date: \_\_\_\_\_

# Sponsors



Lou Beverage Inc



Proceeds of the event will also benefit:

For Pete's Sake Cancer Respite Foundation enables cancer patients and their loved ones the opportunity to strengthen, deepen and unify their relationships by creating unforgettable and lasting respite vacations. FPS gives the generous gift of time to refresh, rejuvenate and reconnect amidst a family's grueling battle with cancer by offering a cost-free, care-free respite!

*Please Note: The official registration and financial information for For Pete's Sake Cancer Respite Foundation may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. FPS assures that its solicitations are free from undue influence or excessive pressure and are respectful of the needs and interests of donors and potential donors. All gifts are utilized with the intent of the donor.*

First Annual  
Christine  
Federico  
Ambrose  
Memorial  
Sea You at the Beach  
5k run & 2.5k walk  
& Kids fun run

Saturday, November 19,  
2011 at 8:00AM

The race starts at the corner of  
Church and Market Streets in  
West Chester, PA

Registration at Barnaby's .

On-line registration at [www.runccrs.com](http://www.runccrs.com) or at  
<http://www.active.com/running/west-chester-pa/christine-ambrose-memorial-sea-you-at-the-beach-5k-2011>

Christine Federico Ambrose  
Children's Education Fund and  
For Pete's Sake.



### So we run

As we navigate our days we often feel the waves  
of our lives approaching  
So we run

We run to compete  
With ourselves, others and the clock  
We run to feel the wind caress our face  
And the veil of sun or moon embracing us  
We run to share the laughs, the sorrows  
And the simple joys of the day  
But sometimes we run to remember  
To remember the child inside  
How to release pressures  
How lucky we are to enjoy friends and family  
And sometimes we run to embrace our losses  
Or more aptly the souls of our losses  
We learn to cherish those memories  
To share those memories  
And to build on those memories  
(MKB)

On Saturday November 19, 2011, the St Joseph Downingtown CYO Cross Country and Track teams, aim to build an infinite stream of memories for the children of Chris and Larry Ambrose. Chris left us suddenly, tragically and way too early in May of 2011. Too many memories were not made. By dedicating our efforts toward securing the education of the Ambrose's 8 children, we will give them the tools to build mountains of memories and to carry the spirit of their mother throughout their lives.

All proceeds from the race and walk go to the Christine Federico Ambrose Children's Education Fund and For Pete's Sake Cancer Respite Foundation.

## Race Information

### DATE & TIME:

Saturday, November 19, 2011

race starts at 8:00AM

Registration starts at 7:00AM

## Amenities

\*All runners and walkers who register by November 1 will be guaranteed a T-Shirt. All others will receive a T-Shirt while supplies last.

\*Post-race refreshments.

\*Awards to the age group winners.

\*Cash to the top 3 male and female finishers.

### FEES:

Pre-registration-by November 1 - \$20.00

Post-registration-from after November 1 to the day of the race - \$25.00

Checks should be made payable to:

Chris Ambrose Memorial Sea you at The Beach 5K

Mail to:

Chester County Running Store  
24B South High Street  
West Chester, PA 19382

Questions:

Call 610-327-4843

Register on-line at [www.runccrs.com](http://www.runccrs.com)

## Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

2.5k Walk \_\_\_\_\_ 5k Run \_\_\_\_\_ Kids run \_\_\_\_\_

SEX: M or F

Are you on the ccrs e-mail list? Y N

EMAIL: \_\_\_\_\_

T-Shirt (No T-shirt for Kids Fun Run)

SHIRT SIZE

(Adult sizes)

S M L XL

(T-Shirt guaranteed to the first 350 entries)

Pre-Registration (postmarked by 11/01/11) \$20

Late Registration (until race time) \$25

Kids Fun Run \$5

Make checks Payable & Mail to:

Chris Ambrose  
Memorial

Sea you at The Beach  
5K

24B South High Street  
West Chester, PA 19382