

History of Tony's Run

Tony's Run was born March 1992, one month after the fatal shooting of Dillingham Police Department officer Anthony Jones. Officer Jones was dedicated to teens in need of positive role models, and was killed on-duty in downtown Dillingham by a troubled youth.

To honor Officer Jones' commitment to non-violence, the Chief of Police for the Dillingham Police Department, Ralph Taylor, and others planned the first run. They consulted with Executive Director Ginger Baim, of SAFE, and envisioned an event that not only increased public awareness of the devastating affects of violence, but also continued Officer Jones' efforts to end violence.

The First Annual Tony's Run consisted of a relay run from the Fire Hall in downtown Dillingham to Kanakanak Hospital, then to Lake Aleknagik and to the Fire Hall. Dillingham Police Department employees ran approximately four miles each to honor their fellow Officer and promote non-violence.

Over the years, the Run has expanded to include Alaskan community participants from Dillingham, surrounding villages, Anchorage, and Fairbanks, and visitors from Wisconsin, Texas, and England. Walkers and "rollers" (those using non-motorized wheels) now join runners.

In keeping with local tradition, potlucks were held after the Runs. A local amateur gourmet is coordinating the post-Run dinner to provide a dizzying array of scrumptious food for participants, volunteers, and their supporters.

Join us in promoting non-violence—sign up or volunteer for Tony's Run!

Sponsored by:
Safe and Fear-free Environment, Inc.
And
Nushagak Cooperative

Run Rules

- Pre-registration fee is \$35 and is due Friday, 9/17/10, 5:00 pm.
- Same day registration fee is \$50 at the starting line. There is no registration on Saturday, 09/18/10.
- Start times are:

Course	Mode		
	Walk	Run	Roll
Marathon (26.2 miles)		1:00 pm	1:00 pm
1/2 Marathon (13.1 miles)	2:00 pm	2:00 pm	2:00 pm
10 K (6 miles)	2:00 pm	2:00 pm	2:00 pm
5 K (3 miles)	3:00 pm	3:00 pm	

- Participants wear Run bibs while on route and follow directions of Run officials (must stay on pavement between pavement edge and center line on Aleknagik Lake Road north of multi-use path, on all multi-use paths, and on shoulder between pavement edge and shoulder line on Kanakanak Road).
- No helmet, no Run, no exceptions for roll participants.
- Non-motorized modes only.
- Marathon runners must scratch if they have not reached Mile 15 by 4:00 pm.
- Parking on route must not obscure mile markers, aid stations, and traffic.
- Participants must not venture into motorized vehicle lane at starting lines.
- Paying participants are participants who walk, run, or roll unassisted by others.
- Event is not cancelled because of inclement weather.
- Food and shirts are upstairs at the downtown Fire Hall from 3:00-6:30 pm. Extra shirts go on sale after Monday, 09/20/10, for \$10..
- No awards will be given, but times will be posted upstairs in the downtown Fire Hall.

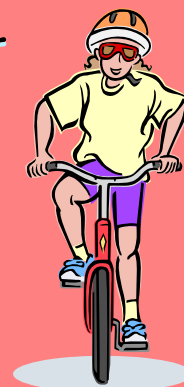
Direct inquiries and mail/deliver registration to:

Lisa Haggblom
Safe and Fear-free Environment, Inc.
PO Box 94
Dillingham, AK 99576
lmhaggblom@besafeandfree.org

(day) 907-842-2320
1-800-478-2316
(eve) 907-842-5627
(fax) 907-842-2198

Direct potluck inquiries to:
Andy deValpine
(eve) 907-528-3317
adevalpine@gmail.com

SAFE'S 19TH ANNUAL TONY'S RUN



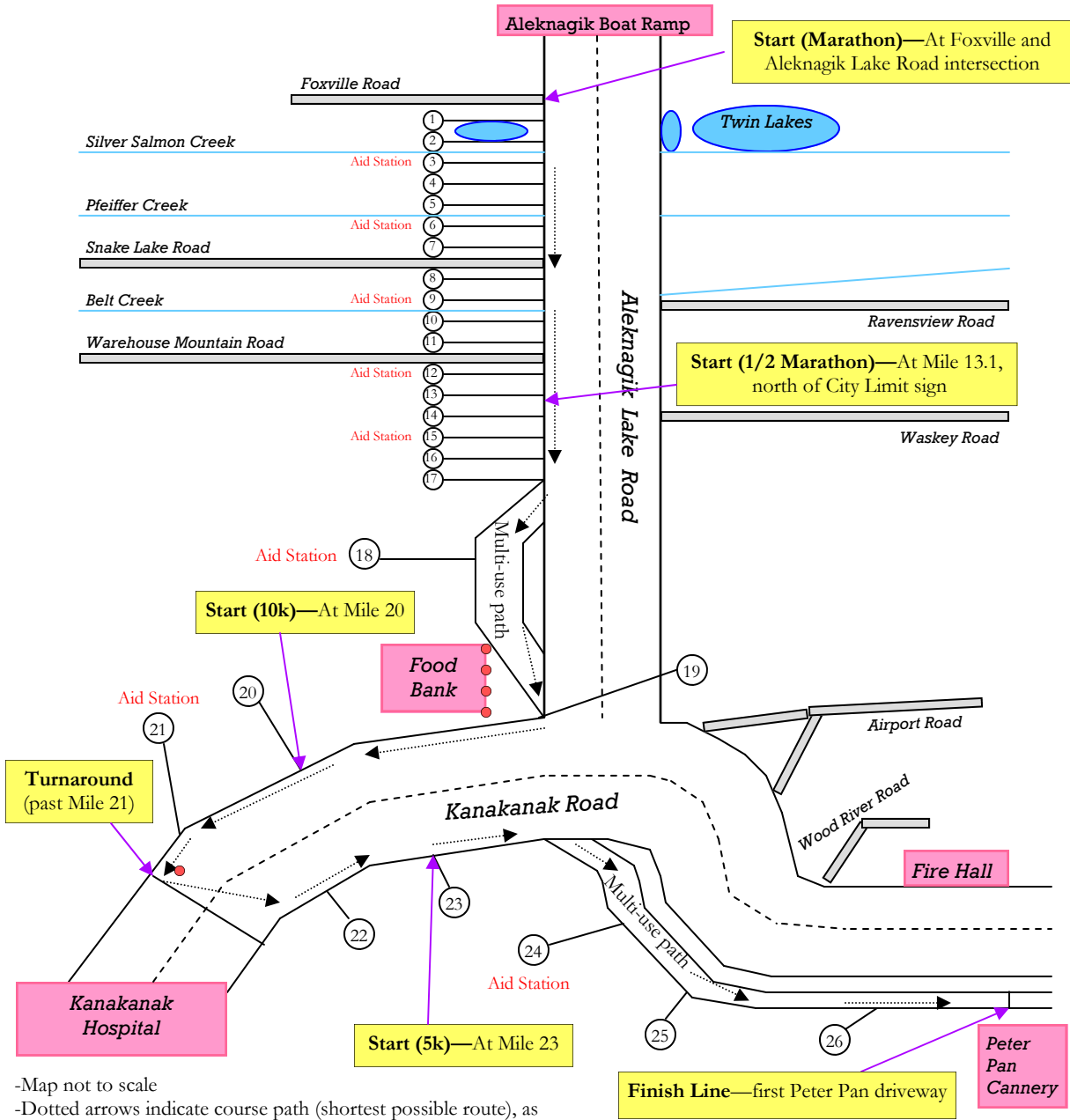
Sunday
9/19/10

\$35 Pre-Registration Fee
\$50 Same Day Registration Fee

Marathon (26.2 miles)—run or roll
1/2 Marathon (13.1 miles)—walk, run,
or roll
10 K (6 miles)—walk, run, or roll
5 K (3 miles)—walk or run

SAFE's 19th Annual Tony's Run Course—Sunday, September 19, 2010

Registration
 Form and \$35 due by Friday, 9/17/10, 5:00 pm
 Same day registration at starting lines is \$50
 Cash or checks accepted (checks payable to SAFE)



-Map not to scale
 -Dotted arrows indicate course path (shortest possible route), as measured for USA Track and Field Course Certification protocols.

Name (first and last, please print) _____

Mailing address (please print) _____

Email address (please print) _____

Telephone _____

Course (check one) (Marathon and 1/2 Marathon are USATF certified)	Mode (check one)		
	Walk	Run	Roll
Marathon (26.2 miles)			
1/2 Marathon (13.1 miles)			
10 K (6 miles)			
5 K (3 miles)			

Detach here and return with payment

Shirt size (circle one):

S M L XL XXL

Disclaimer

I read the enclosed rules and understand that failure to follow them is grounds for disqualification. I do not hold Tony's Run organizers, volunteers, sponsors, the City of Dillingham, or the State of Alaska responsible for injuries I incur during Tony's Run. I give SAFE permission to use Tony's Run photographs of me for outreach purposes.

Signature of participant _____

Signature of participant's guardian (if participant is under age 16) _____

Bib/pinnee: _____ Date: _____