

5K RACE APPLICATION
USATF Certified
 Walkers are welcome!



Event is sanctioned
 by USATF

SEPTEMBER 17, 2011
@ 9:00 AM

**All proceeds to benefit Right to Life causes in WNY.*

ENTRY FEES & PRE-REGISTRATION

Individuals \$30 (US Funds only).
 All runners & walkers (no separate division)

DAY OF RACE

Individuals \$35 (US Funds only)
 All runners & walkers (no separate division)

COURSE

3.1 mile course - flat & fast - between Seneca Street
 & East Center Road in West Seneca
**Our course is certified to be accurate by
 USATF code NY11037JG*

START & FINISH

Life Church parking lot - (formerly St. Catherines)
 4928 Seneca Street, West Seneca
 Starting Time: 9:00 AM

OFFICIALS

Timing and Finish Line: Score This!!! Inc.
 Using ChampionChip Computerized Scoring

FOR SAFETY

No rollerblades, skateboards, or
 bikes allowed on course.

FOR MORE INFORMATION:

phone: 716-864-4571
 LifeChurchBuffalo.com

Monica Orzechowski
 monica.orzechowski@yahoo.com
 Score-This.com

PACKET PICK-UP & DAY OF RACE REGISTRATION

September 17th @ 7:30 am - 8:45 am
 Life Church parking lot - at Registration area
 4928 Seneca Street, West Seneca
**Deadline for Pre-Registration is September 1st*

AWARDS

**For Runners Only*
 Overall Male/Female
 Three (3) awards per male/female age category:
 under 14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44;
 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

FEATURES

Parking at Life Church; Water Stations @ start, finish &
 2 mile marker; Split times @ each mile marker

POST RACE PICNIC

Following the race, there will be hot dogs &
 refreshments, available while supplies last, for runners
 only.

| | | |
|---|-----------------|---|
| RUN FOR LIFE 5K RUN/WALK | Amount | Checks payable to: Run for Life Mail to: 4928 Seneca St, West Seneca, NY 14224 |
| | Enclosed: _____ | |

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LAST NAME

FIRST NAME

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NUMBER AND STREET NAME

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TOWN/CITY

STATE/PROV

ZIP/POSTAL CODE

SEX

AGE

RUN
 WALK
 ADULT SHIRT SIZE (S, M, L, XL)

*I am unable to participate in the race/walk
 but would like to donate to the cause.

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running/walking this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Life Church, West Seneca, NY, it's Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

 Signature (Parent's Signature If under 18)

 Date