

## Mission

The Town Boys and Girls Club has been active for nearly 50 years, serving the Riverside and “Old Town” neighborhoods in providing almost 200 kids daily with adult guidance, after school programs, and recreational activities – all in a fun and safe environment. At one time, over 75% of their funding came via United Way and government agencies – today that amount is less than 10%. This race aids those fundraising efforts.

## About The BobKat

Robert “Bobkat” Nowak has been part of the TBGC staff for over 4 decades, currently serving as the Club Unit Director. His time at the club has covered a wide range of activities and instruction, from showing kids how to hit a free throw or pitch a curve ball, to acting as best man (and father of the bride!) to TBGC alumni over the years. This race honors the tireless work and dedication of a man who has been all things to generations of kids.

## Event Details

Whether you are an avid runner, beginner, or first timer our race is perfect for everyone. We invite participants to bring their families and make this a special day.

**COURSE INFO** – Flat asphalt off road bike path course. Water available at the turn around and the finish line. You will hear split times at miles 1, 2 and 3. Course maps will be available in your packet and on race day. **MONITORED BY CERTIFIED RACE OFFICIALS.**

**5-K ROUTE** – the 3.1 mile out and back off road course is located on the bike-path of Aqua Lane Park Tonawanda and race day registration will be available that morning in the parking lot of the Park which is part of the Tonawanda Small Boat Harbor. **1-MILE FUN RUN ROUTE** – Walkers will begin 5 minutes after the last runner has started the 5k, and will be on an off-road out and back route that is in the opposite direction of the runners. **NEW THIS YEAR** - walkers and runners will have separate finishing chutes for safety and accurate finishing times.

**KIDS 1-Mile Fun Run** – Children 10 and under only. May be accompanied by family. All participating children will receive a prize.

**POST RACE BREAKFAST AND AWARDS** – Join us for a very special breakfast and unique and touching awards ceremony post run at the Town Boys and Girls Club. The Club is located a short distance away from the race at 54 Riverdale Avenue, Tonawanda, NY 14207.

**AWARDS – PRE REGISTRANTS ARE GUARANTEED A LONG SLEEVED T-SHIRT.** Race Day registrants will receive a short sleeved t-shirt. Top 5K finishers in designated age groups will receive award. Race results will be available at [www.wnyfls.com](http://www.wnyfls.com). Age groups: 11 and under, 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older. Overall 5K winners will receive awards and/or prizes for 1st place male and female, 2nd and 3rd place male and female winners will receive awards. **NO DUPLICATE AWARDS.**

## Important Dates & Times

**EARLY BIRD REGISTRATION** – September 1<sup>st</sup> to October 3<sup>rd</sup> 2011 \*Register online at <http://www.active.com/running/tonawanda-ny/3rd-annual-bobkat-honorary-5k-and-kids-1-mile-fun-run-2011> or by mailing the enclosed form and payment to:

Scott Henderson – BobKat 5K Race  
93 The Commons  
Grand Island, NY 14072

**PACKET PICK-UP** – Packets will be available at the Town Boys and Girls Club for pick-up on **FRIDAY Oct., 14th 54 Riverdale Avenue Tonawanda, NY 14207** from 10am to 6pm and/or on the morning of the race at the race start location, Aqua Lane Park, Tonawanda, NY 14150.

**RACE DAY: OCT 16th** – Event begins at Aqua Lane Park at the foot of Sheridan Drive at the Small Boat Harbor, Town of Tonawanda.

8:30a.m.	Onsite Registration
10:00a.m.	5k Run
10:15a.m.	1-Mile Fun Run
11a.m. – Noon	Awards Ceremony & Breakfast – TBGC gym

# 3<sup>rd</sup> Annual BobKat 5k Run & 1 Mile Fun Run

*Benefiting the Town Boys and Girls Club  
of the Northtowns*

*Honoring “BobKat” Nowak*



**Sunday October 16<sup>th</sup> 2011**  
10:00am

**REGISTER ONLINE AT:**

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

ID – 1979773

~ **NEW THIS YEAR** ~

**DISCOUNT FOR PRE- REGISTRATION  
OUT AND BACK COURSE  
SPLIT TIMES and SEPARATE CHUTES**



## Registration Form

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Age on race day: \_\_\_\_\_ Circle One: M or F  
 Shirt Size (S, M, L, XL): \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Emergency Phone Number: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

### Registration Fees (US funds):

\$18.00 Pre-registered by 10/3/2011 \$ \_\_\_\_\_  
 \$22.00 after 10/3/2011 & race day \$ \_\_\_\_\_  
 \$15.00 TBCG Parent/Alumni/Member \$ \_\_\_\_\_  
 \$10.00 Mile Fun Run (10 and under) \$ \_\_\_\_\_

Submit the completed registration form along with check(s) payable to the **TOWN BOYS & GIRLS CLUB – BOARD OF MANAGERS, mail to:**

Scott Henderson – BobKat 5K Race  
 93 The Commons  
 Grand Island, NY 14072

Any questions please contact:  
 Kim Willer or Scott Henderson  
 5K Coordinator and Race Director  
 Bobkat5k@hotmail.com  
 716-725-7414



### Please Sign and enclose waiver:

I know that running and volunteering to work in charity races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Boys And Girls Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

**Waiver:** By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against The Boys and Girls Club, race sponsors, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event. I have read and understand this liability release.

Participant's Name \_\_\_\_\_

Signature \_\_\_\_\_  
*(Parent or Guardian's Signature if under 18)*

Date \_\_\_\_\_



Freed Maxick & Battaglia, PC  
 Certified Public Accountants

## Sponsorship and Volunteer Opportunities

Are you interested in helping with this very worthwhile cause – the youth of the Town Boys and Girls Club? This 5K race is to honor the longtime and current Town Club director Bob “Kat” Nowak and help with club fundraising.

We ask that you consider participating in a sponsorship level of \$100, \$250, \$500 or more if possible – your company will be recognized on the race T-shirt, as well as on mileage markers along the course. If you are unable to sponsor, would you please consider a donation or theme tray item to be used for a raffle. Anything you can do, including volunteering your time, is welcome. Donations, volunteer registration and questions can be directed to:

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