

TIM FRANK MEMORIAL CANAL FEST 4 MILER

To Benefit the Boys & Girls Clubs of The Northtowns

THURSDAY, JULY 21ST, 2022

7 P.M.
34TH 4 MILER!

John and Sally Sherman

- Registration / Pick-Up:**
- Preregistration and race packet pick up**
 - o July 20th, 4-7 p.m.
 - o Boys and Girls Club, 325 Franklin St., Tonawanda (outside pavilion)
 - Race-day registration**
 - o 4-6:45 p.m.
 - o Parking lot across from Frankie Primo's/ Webster Street, North Tonawanda

Race Course **The race site starts and finishes at Main and Sweeney streets in North Tonawanda. The 4 mile-course runs along the shores of the Erie Barge Canal (USATF Certified).**

Chip-Timed Race Start and Finish by **Score-This!!!**

NT Course Record | Male- 2007 – Brian Lombardo-20:20
NT Course Record | Female- 2013 – Karley Rempel-24:14

Awards:

1st Place Male and Female Overall
1st, 2nd, 3rd Place Male and Female in the following age groups:

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

Race Day Itinerary:

4-6:45 p.m. 7 p.m. 7:30 p.m..	Registration and Race Packet Pick-Up Ceremonies and Race Start Post- Race Party and Awards Ceremony <u>Parking lot across from Frankie Primo's/ Webster St., NT</u> (Non-runners 12-20 years of age - \$7 charge; 21 and above -\$10 charge food, beverages, music, and awards)
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Entry Fee: Adults (15 & over): \$27.00 Pre-registration | \$30.00 Day of Race
US Funds only Children (10 & under): \$12.00 Pre-registration | \$15.00 Day of Race
 Children (11 to 14): \$17.00 Pre-registration | \$20.00 Day of Race



Questions: Call Jeffrey Hardy @ (716) 510-3971. Jeff14Hardy@aol.com

On-Line Registration: WWW.SCORE-THIS.COM also check out WWW.CANALFEST.ORG
(RESULTS)

- T-SHIRTS TO THE FIRST 175 PARTICIPANTS

Make checks payable to: Score This!!!, Inc. US Funds only

Mail to: Score This!!!
Attn: Canal Fest 4 Miler
15 Ranch Trail Ct.
Orchard Park, NY 14127

ENTRY FORM Email _____

LAST NAME	FIRST NAME	MI

NUMBER & STREET	PSN/BIB

TOWN/CITY	STATE/PROV	ZIP/POST CODE

SEX	AGE	PHONE NUMBER

T-shirt Size: (circle one) S M L XL XXL-add \$1.00

I am donating the following additional amount to benefit the Boys and Girls Clubs

Waiver: In consideration of my acceptance and registration, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages against the cities of the Tonawandas, Canal Fest, Boys & Girls Club of the Tonawandas its agents, successors and assignors for all injuries suffered by me at said race. I declare myself physically fit for this race.

Date _____ Signature of Runner _____