## $TIM\ FRANK\ MEMORIAL\ CANAL\ FEST\ 4\ MILER\\ \textbf{To\ Benefit\ the\ Boys\ \&\ Girls\ Clubs\ of\ The\ Northtowns}$

THURSDAY, JULY 20TH, 2023 7 р.м.

35th 4 Miler!

Registration / Pick-Up:	<ul> <li>Pre-Registration and Race Packet Pick-Up <ul> <li>July 19<sup>th</sup>, 4-7 p.m.</li> <li>Boys and Girls Club, 325 Franklin St., Tonawanda (outside pavilion)</li> </ul> </li> <li>Race-Day Registration <ul> <li>July 20<sup>th</sup> 4-6:45 p.m.</li> <li>Chamber of Commerce of The Tonawandas, 254 Sweeney St. North Tonawanda</li> </ul> </li> </ul>		
Race Course	The race site starts and finishes at Oliver 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:	1 <sup>st</sup> Place Male and Female Overall 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place Male and Female in the following age groups:		
	Under 14, 15-19, 20-29	, 30-39, 40-49, 50-59, 60-69	, 70 and over
Race Day Itinerary:	4-6:45 p.m. 7 p.m. 7:30 p.m.		tet Pick-Up ds Ceremony e of The Tonawanda 254 Sweeney St. of age - \$7 charge; 21 and above -\$10 charge
Entry Fee: US Funds only	Adults (15 & over):\$27.00Pre-registration\$30.00Day of RaceChildren (11 to 14):\$17.00Pre-registration\$20.00Day of RaceChildren (10 & under):\$12.00Pre-registration\$15.00Day of Race		
Questions:	Megan Kropp @ (716)	534-9972 or Email: megan.r	narie.kropp@gmail.com
<b>On-Line Registration:</b> (RESULTS)	<u>WWW</u> .SCORE-THIS.C	COM also check out <u>W</u> S TO THE FIRST 200 PARTIC	WW.CANALFEST.ORG
Make checks payable to: Score			Mail to: Score This!!!
ENTRY FORM E	mail		Attn: Canal Fest 4 Miler 15 Ranch Trail Ct. Orchard Park, NY 14127
LAST NAME		FIRST NAME	E MI
NUMBER & STREET			
			PSN/BIB
TOWN/CITY		STATE/PROV	ZIP/POST CODE
SEX AGE	PHONE NUMBER	XXL-add	I am donating the following additional amount to benefit the Boys and Girls Clubs
T-shirt Size: (circle one)	S M L	XL \$1.00	
any and all rights a	ind claims for damages against		heirs, executors and administrators waive and release al Fest, Boys & Girls Club of the Tonawandas its agents, if phycically fit for this race