

7TH ANNUAL COACH CAPUANI CROSS COUNTRY KICK OFF

DATE: Saturday, Aug. 4, 2012
TIME: 9:00 AM – Fun Run
9:30 AM – 5k Cross Country Race
SITE: Frontier High School
4432 Bayview Road, Hamburg NY
TERRAIN: On Campus, "off road," flat, grassy, with trails
ENRTY FEES: 5K race: Adults \$15, Students \$10
Fun Run: \$8
(after 7/30/12) ALL 5K RUNNERS \$20

REGISTRATION BY MAIL – ACCEPTED UNTIL 7/30/12.

Mail registration forms to: Jim Zubler

c/o Frontier High School
4432 Bayview Road
Hamburg, NY 14075

Make checks payable to: Frontier Varsity Club

REGISTRATION IN PERSON – The day of the race (8/5/12) from 7:30 – 9:00 AM in the high school gymnasium

PRE-REGISTERED PICK UP – Race-day pick up will be from 7:30– 9:00 AM in the high school gymnasium

AWARDS (5K)

Overall Male & Female runners

Medals to Male & Female runners

Age groups: 9 & under, 10–12, 13–15, 16–18, 19–24, 25–29, 30–39, 40–49, 50–59, 60–69, 70 & up

FACILITIES: Restrooms and change areas are available in the high school

COURSE MAPS & APPLICATIONS: Are available at the Frontier Central High School. For additional information, please contact Jim Zubler at: jzubler@frontier.wnyric.org.

Registration Form Coach Capuani Cross Country Kick-Off

Declaration: In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against the sponsoring organizations for any and all damages which may be sustained as a result of my participation in this event.

NAME _____ MALE ___ FEMALE ___
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE: _____ BIRTHDATE: _____ AGE AS OF AUG. 5, 2012 _____
EMAIL ADDRESS: _____
SHIRT SIZE (circle) S M L XL 5K RACE _____ FUN RUN _____
SIGNATURE _____
PARENT'S SIGNATURE _____

