

FROZEN CHOZEN 5K

RUN&WALK

TIME and DATE – SATURDAY, JANUARY 21st at 10:00 AM

**LOCATION: ST. JOHN'S LUTHERAN CHURCH
4536 SOUTH BUFFALO STREET
ORCHARD PARK, NY 14127**



**RACE SCHEDULE: 9:00 AM REGISTRATION
10:00 AM 5K RUN&WALK
11:00 AM AWARDS
11:30 AM FOOD AND FUN IN ST JOHN'S FELLOWSHIP HALL**

(Overall Male & Female and Top 3 Finishers (M&F) <14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)

PRE-REGISTRATION & RACE PACKET PICK UP:
(PACKET INCLUDES: T-SHIRT, RACE BIB, AND
EVENT INFORMATION OR JUST PICK UP ON RACE DAY)

**FRIDAY, JANUARY 20th
ST. JOHN'S LUTHERAN CHURCH
5 PM – 8 PM**

**CONTACT INFO: Jeremiah Jording: 716.662.4747 ext 314
jeremiah@stjohnsop.com**

www.stjohnsop.com - (YOU CAN ALSO PRINT THE REGISTRATION FROM OUR CHURCH WEBSITE)

<http://www.mapmyrun.com/routes/view/543345568> - (CHECK OUT THE COURSE)

ALL PROCEEDS OF THE RACE WILL BE GOING TO:

Family Promise of WNY is a cost-efficient, effective, and replicable community response to homelessness. We bring together existing community resources, especially faith congregations to assist us with our mission. Family Promise of WNY is committed to keeping families together during their time of homelessness. Most emergency shelters separate men and women, which increases the stress of their situation. Family Promise is one of only three emergency shelter providers in Erie County that solely focuses on keeping families together during the crisis of homelessness.

Frozen Chozen 5K Entry Form

\$25.00 per racer if received before 01/19/2016
Registration after 01/19/2016, or on the day of the race will cost \$30
All forms turned in by 1/1/2016 will receive a Frozen Chozen T-Shirt

T-Shirt Size (check one)

2XL ___ XL ___ L ___ M ___ S ___

**Make checks payable to: St. John's Lutheran Church
Mail to: 4536 S. Buffalo Street
Orchard Park, NY 14127**

<input type="text"/>	<input type="text"/>	<input type="text"/>
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LAST NAME FIRST NAME M.I.

<input type="text"/>	<input type="text"/>	<input type="text"/>
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NUMBER AND STREET

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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TOWN/CITY

STATE/PROV

ZIP/POSTCODE

RACE USE ONLY

Check one:

SEX

AGE

Run

Walk

EMAIL

PHONE:

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, waive, release and forever discharge any and all rights and claims for damage which hereafter occur to me against St. John's Lutheran Church, Family Promise of WNY, the Village of Orchard Park or its members, officers, games directors or agents, representatives, successors, and or assigns, in connection with my association with or entry in or returning from said events held by St John's Lutheran Church.

Signature

Parent/Guardian if under 18