

A Buffalo News
Runner of the
Year Race!

THE GREATER BUFFALO TRACK CLUB

16TH ANNUAL

GRAND ISLAND HALF-MARATHON

10AM SATURDAY, MAY 1, 2010 BEAVER ISLAND STATE PARK, GRAND ISLAND, NY

Race: Starts 10AM at Beaver Island State Park, Grand Island, NY (between Buffalo and Niagara Falls). The course is flat, fast out and back along the scenic Niagara river. Race fee includes chip timing, water, sports drinks, post race food, and beverages.

Directions: Take the Beaver Island exit off the I-190. Follow signs to the park. Free admission to the park for all runners and their families. Veer left as you enter the park to access Area I for parking and pre/post race activities at the River Side shelters, Marina North and South.

Race Fee: \$35 early application fee (Canadian money at par) until March 10. March 11 to April 30, \$40. Day of race \$45. Runners may also pre-register online at www.active.com or at Fleet Feet Sports. Quality race premium guaranteed to all pre-registered runners.



Ask for the GBTC rate.
Call 716-773-1111

Awards

The overall male and female finishers, the top masters finishers and the top three in each age division. Gold, silver or bronze time graded medals to all finishers.

- Gold: Men under 1:30
Women under 1:45
- Silver: Men under 1:45
Women under 2:00
- Bronze: All others

Age Divisions

- 0 - 19 45 - 49
20 - 24 50 - 54
25 - 29 55 - 59
30 - 34 60 - 64
35 - 39 65 - 69
40 - 44 70 - 74
75 and up



Packet Pick-up

Thursday, April 29th
Friday, April 30th
11AM to 7PM
Fleet Feet Sports
2290 Delaware Ave.
Buffalo, NY 14216
(716) 332-3501

Waiver must be signed for entry acceptance

In registering for Greater Buffalo Track Club's Grand Island Half Marathon I state that I fully understand and assume the risk and responsibility for participating on a course with vehicular traffic, even when the course is policed, and for training to an appropriate level of fitness to participate in such a physically demanding event. I hereby state that I am fit to participate. I also waive all claims for myself, and for anyone acting on my behalf, against the Greater Buffalo Track Club, any and all sponsors, the town of Grand Island, County of Erie, State of New York and NY State Dept. of Parks for damages that might result from my participation therein. If I am injured or taken ill, I hereby authorize race officials to transport me to a medical facility and/or to administer emergency medical treatment and waive all claims for damages that might result from such transport and/or treatment. I also agree to provide certain medical data to race officials to expedite such treatment.

LAST NAME (PLEASE PRINT) FIRST NAME M.I.

NUMBER AND STREET STATE/PROVINCE

TOWN/CITY ZIP/POST CODE

M ___ F ___ AGE (DAY OF RACE) ___ PHONE: (___) ___ - ___

EMAIL: -----

For GBTC membership inquires contact Mary Magoffin at msmago28@yahoo.com

Runner's signature: _____

Parent or Guardian Signature (if under 18): _____

Make checks payable and send to:
Greater Buffalo Track Club
71 Wardman Rd., Kenmore, NY 14217

Shirt size (please circle preference):
S M L XL

OFFICIAL USE ONLY
RACE NUMBER

For your information, a copy of our course map is online at: <http://www.usatf.org/events/courses/search/>.