



3rd ANNUAL



Sponsored by the Alden State Bank



FIREFIIGHTERS FOR FOOD 5K RUN/WALK SATURDAY, AUGUST 6, 2011

Our event is Sanctioned by USATF

“In Lancaster, compared with a year ago, visits to Trinity Pantry on Broadway were up 38 percent in January and 47 percent in February.”
(Buffalo News 3/14/09)

The Village of Lancaster in cooperation with local firefighters, are sponsoring a 5K run/walk to benefit the Trinity Food Pantry in Lancaster, who provides food to Lancaster and Bowmansville residents in need.

WHERE: Central & Pleasant in Lancaster

WHEN: 8/6/11 @ 9:30am - Scoring by WNY Finish Line Services

**REGISTRATION FEES: \$18 thru July 29th or \$20 after July 29th
\$15 for Firefighters & July 4th Runners
\$18 with a donation of at least 5
non-perishable food items on day of race**

**RACE DAY REGISTRATION: Lancaster Municipal Building
5423 Broadway, Lancaster
Between 8:30am – 9:30am sharp**



Register online @ <https://www.score-this.com/online/reg/firefightersforfoodreg.html>

Awards for Overall Male/Female & 1st, 2nd & 3rd for Age Groups:
Male: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Female: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Post Race Refreshments: Food and Beverages will be provided



**PROCEEDS TO BENEFIT LANCASTER TRINITY FOOD PANTRY,
5448 BROADWAY LANCASTER, NY 14086 (716)683-1111**

**MAIL ENTRY FORM WITH CHECK PAYABLE TO: VILLAGE OF LANCASTER, 5423 BROADWAY, LANCASTER, NY 14086
(NO CASH PLEASE)**

<input type="checkbox"/>										<input type="checkbox"/>																			
LAST NAME										FIRST NAME																			
<input type="checkbox"/>										<input type="checkbox"/>																			
STREET ADDRESS										APT #																			
<input type="checkbox"/>										<input type="checkbox"/>																			
TOWN/CITY										STATE					ZIP CODE														
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PHONE NUMBER										SEX					AGE (ON DATE OF RACE)					SHIRT SIZE					FIRE DEPARTMENT/COMPANY (IF APPLICABLE)				

RELEASE & WAIVER: IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I FOR MYSELF, MY HEIRS, EXECUTORS & ADMINISTRATORS, DO HEREBY DISCHARGE THE VILLAGE OF LANCASTER, THE RACE ORGANIZERS AND ANY & ALL SPONSORS & SANCTIONS OF THE RACE FOR ALL INJURIES AND LOSSES SUFFERED BY ME FROM COMPETING IN OR ATTENDING THIS SAID EVENT.

SIGNATURE _____

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 _____