



# 40TH ANNUAL MUD RUN



## EUROPEAN-STYLE CROSS COUNTRY RUN

**DATE:** **MONDAY, AUGUST 5, 2019**

**TIME:** **6:30 PM** (First Race – Girls/Women, Followed by Boys/Men)

**DISTANCE:** **6,500 Meters** (approximate)

**CO-SPONSERS:** **EDEN VALLEY TC and RUNNER'S ROOST**

**COURSE:** **European-Style Cross Country** **USATF SANCTIONED RACE #C19030675**  
(Rolling Hills, Creeks, Wooded Trails, Gullies, Dips, and Natural Barriers)

**LOCATION:** **Boston Forest County Park, Feddick Road, Boston, NY**

**ENTRY FEE:** **Pre-Entry – \$20.00 US/\$25.00 CN** **Post-Marked by WEDNESDAY, JULY 31, 2019**  
(All Pre-Entries will receive a "Mud Run" T-Shirt)  
**Post-Entry – \$15.00 US/\$20.00 CN** **After July 31 and on Race Day (No Shirt)**  
(A limited number of T-shirts may be available for purchase on Race Day – \$10.00 US/\$15.00 CN per shirt.)

**AWARDS:** **Winner of each age group, plus 25% of pre-entries per age group.**  
(Pre-registering increase the number of awards in your age group. **REGISTER EARLY!**)

**POST-RACE DELICACY:** As always, famous **"CHARLAP'S ICE CREAM"**

**AGE CLASSIFICATIONS** (age as of race day): 12 & Under, 13 – 14, 15 – 16, 17 – 18, 19 – 22, 23 – 29, 30 – 36, 37 – 43, 44 – 50, 51 – 59, 60 – 69, 70+

**DIRECTIONS TO THE RACE:** **"Expressway All the Way"**  
**From Buffalo: 219 South, Exit at Rice Road, turn right.**  
**Stay on Rice road to the bottom of the hill, turn left onto Feddick Road to the race site.**  
**Park on shoulder of road. Careful!**

**SPECIAL NOTES:** This is natural. Bring water and a change of clothes – **MUD** is everywhere!

**DOWNLOAD APPLICATION @:** [www.buffalorunners.com](http://www.buffalorunners.com) or [www.facebook.com/RunnersRoost](http://www.facebook.com/RunnersRoost)

**Cut and Return Bottom Portion**

**PLEASE PRINT \*\*\*\*\* PLEASE PRINT \*\*\*\*\* PLEASE PRINT \*\*\*\*\* PLEASE PRINT \*\*\*\*\* PLEASE PRINT**

Return this entry with fee payable to **EDEN VALLEY TC** and mail to: **Don Sauer, 6471 Kevinton Place, Boston, NY 14025.**  
(To obtain a "Mud Run" T-shirt, you must return Entry and Fee post-marked by: **WEDNESDAY, JULY 31, 2019.**)

NAME: \_\_\_\_\_ RRC#/TAC#/AAU#: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ CLUB: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ SEX:  M  F ADULT SHIRT SIZE:  S  M  L  XL

AGE GROUP:  12 & Under  13 – 14  15 – 16  17 – 18  19 – 22  23 – 29  
 30 – 36  37 – 43  44 – 50  51 – 59  60 – 69  70+

\* \* \* \* \* **RACE WAIVER** \* \* \* \* \*

I know that running a road/cross-country race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, traffic, conditions of the course, contact with other participants, the effects of the weather (including heat and/or humidity), all such risks being known and appreciate by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and any entitled to act on my behalf waive and release the USATF, Runner's Roost, Eden Valley TC, Town of Boston, County of Erie, Erie County Parks and Recreation Department, and all sponsors, race director, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(If Race Participant Under Age 18)