



## Registration & Donation Form

### 5k Race or 1.5m Walk

Sunday, August 14, 2011

Chestnut Ridge Park

(Newton Rd. Entrance)

Registration: 9:00am

Race/Walk Start Time: 10:00am

Cost: \$25 early registration, \$30 day of event

Register online at [www.onesmallstep.FPWR.org](http://www.onesmallstep.FPWR.org) and click on "Buffalo" or

Mail registration forms and checks to: Elizabeth Bystrak

One Small Step

7725 Jewett Holmwood Road

Orchard Park, NY 14127

Family-Friendly  
Event! Prizes,  
raffle baskets,  
and much more!

Make checks payable to: FPWR

Questions or comments? Email Liz Bystrak at [elibystrak@gmail.com](mailto:elibystrak@gmail.com)

Email Ann McLellan at [harann1023@roadrunner.com](mailto:harann1023@roadrunner.com)

Go to [www.onesmallstep.FPWR.org](http://www.onesmallstep.FPWR.org) for online registration, donation or to create a fundraising page.  
Earn chances to win prizes with different levels of fundraising. Great Prizes include:

**One Week Vacation for Two, an Apple iPad2, or an xBox 360 with Kinect!**

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

M.I. \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN/CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

M \_\_\_\_\_ F \_\_\_\_\_

AGE (DAY OF RACE) \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

SHIRT SIZE (please circle preference):

XS

S

M

L

XL

1.5 Walk \_\_\_\_\_

5K \_\_\_\_\_

EMAIL \_\_\_\_\_

In volunteering to participate in the One SMALL Step Walk/Run 2011, I hereby agree that this activity shall be at my own risk against all casualties to myself or my property and that I take all risks of any kind no matter how caused and hereby release and discharge FPWR, FPWR Canada, Erie County Parks and the event partners and sponsors, indemnify them of and from all actions, claims, demands or every nature and kind whatsoever which I or my heirs, executors, administrators, or assigns may now or can at any time thereafter have against the said sponsors of the One SMALL Step Walk/Run on account of any loss, damage, injury caused by negligence, default or misconduct of the sponsors, themselves, servants, agents, members or otherwise howsoever. Additionally, I agree to release any photos or images taken in relation to the above event for any legitimate purpose.

Runner's signature: \_\_\_\_\_

Parent or Guardian Signature (if under 18): \_\_\_\_\_

Registration fee \_\_\_\_\_

Optional Donation + \_\_\_\_\_

Total Amount Inc. = \_\_\_\_\_