

Run with the PAC 5K

November 18, 2018

10:00 am Start

Holy Cross Cemetery • 2900 South Park Avenue Buffalo, NY 14218

Presented by the Polish Athletic Club (PAC)

ANNOUNCING THE 4th annual "RUN WITH THE PAC 5K RUN/WALK!"

Please join us on Sunday November 18th at 10:00 AM at Holy Cross Cemetery in Lackawanna NY.

Funds raised from this race will benefit military families in need.

Please see our event notice on BuffaloRunners.com. or visit the PAC Facebook page.

On-line registration available at www.active.com. Registration: \$20 US if received through November 16, 2018.

\$25 US Day of Race.

Make Checks Payable: **Paul Pulinski**

Packet pick-up and Day of Race Registration will start at 8:00am at VFW Post 898, 2909 South Park Ave, Buffalo, NY 14218

Post-race Party and awards will be held at VFW post 898 across from Holy Cross Cemetery. Food, drinks (beer), basket raffles, 50/50 drawing will be featured. Race premium to first 100 registered

Post-race Party participation fee of \$10 if not participating in the race.

Overall M/F and Master M/F awards.

Race Awards will go 3 deep in male and female 5 year age groups to age 85+.

Media Team awarded to the local TV or Radio personalities. Team Award based upon average team time.

Results and Timing provided by: Western New York Finish Line & Timing Service. Timing clocks at mile 1&2 on course.

Mail-in registration to: PAC c/o 3966 Yale Ave, Hamburg NY 14075

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I understand that walking or running in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely compete. I assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance to my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizer(s), Venue, Volunteers, Officials, USATF National Association, Holy Cross Cemetery, all sponsors, contractors, vendors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event through that liability may arise of the negligence or carelessness of the part of persons named in this waiver. A parent must sign if an entrant is under 18 years of age. This is to certify that my child had permission to compete in the events, are in good physical condition, and the event officials may authorize necessary medical treatment. By signing below I agree to these terms.

Signature (parent or guardian required if under 18) _____ **Date** _____

Last Name _____ First Name _____ Middle Initial _____

Street _____ City _____ State _____ Zip _____

E-Mail _____ Phone _____

Male ___ Female ___ DOB: ___/___/___ Age on race Day _____ **Shirt size: S M L XL**

Emergency Contact _____ Phone # _____

Media Team Affiliation
