

**3rd  
annual  
2011  
Run for Row 5k  
run/walk**

RACE DIRECTOR: Kristin Leiby, 716-891-3896  
 DATE & TIME: Sunday, August 21, 2011 at 9:00AM/Fun Run 8:30AM  
 LOCATION: Como Lake Park, Lancaster, NY  
 PRE RACE PICK UP Friday, August 19, 2011 Noon - 7:00pm  
 AND REGISTRATION: CAMERON, 3101 Broadway, Buffalo, NY 14227  
 POST-REGISTRATION: Como Park Gazebo, 2220 Como Park Blvd, Lancaster  
 Sunday, August 21, 2011 starting at 7:30am

ENTRY FEE: \$19.00 pre-registered, \$20.00 day of race, \$5.00 Kids  
 Fun Run. \$18.00 FOR CHECKERS MEMBERS

HIGH TECH SHIRTS: For first 200 pre-registered participants.

CHECKS PAYABLE TO: Row Family Trust  
 MAIL TO: CAMERON COMPRESSION SYSTEMS  
 Run For Row 5K  
 3101 Broadway Street  
 Buffalo, NY 14225

AWARDS: Trophies to the first overall male and female, overall  
 male and female masters plus trophies to the top  
 three in each of the following  
 Age groups (male and female):

14 & under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35  
 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64,  
 65 to 69, 70 to 74, 75 to 79, 80+.

COURSE: The 5k course (3.1 miles) starts and ends in Como  
 Lake Park.

POST RACE PARTY: The party will feature the awards ceremony, door  
 prizes, Chinese auction, live music and plenty of food  
 & refreshments. Those not participating can join the  
 party for \$5.

FINISH LINE: By W.N.Y. Finish Line Services



*The Event is Sanctioned  
 by USATF and the Course  
 is Certified to be Accurate by the  
 USATF #NY94008AM*

ASSISTANCE PROVIDED BY:

- ALTRA INDUSTRIAL MOTION
- COMMERCIAL PIPE
- DORITEX
- KELLER INDUSTRIAL PRODUCTS, INC.
- OSCA
- THE 84 GROUP
- SONITROL



Please detach and return registration form

In consideration of your accepting this entry, I for myself, my heirs, executors & administrators, do hereby discharge Cameron  
 Compression Systems, the race organizers and any & all sponsors & sanctioners of the race for all injuries and losses suffered by me  
 from competing in or attending this said event. (CHECKS PAYABLE TO "ROW FAMILY TRUST") NO REFUNDS

\$19.00 until August 20<sup>th</sup> \$20.00 on August 21<sup>st</sup> Checkers Member \$18.00

	<input type="checkbox"/>	
LAST NAME	FIRST NAME	MI
NUMBER AND STREET		SHIRT SIZE
		S M LG XL
TOWN/CITY	STATE/PROV.	ZIP/POST CODE
SEX	AGE (DAY OF)	KIDS 1 MILE FUN RUN
		CHECKERS MEMBER
		MAIL TO: CAMERON, c/o RUN FOR ROW 5K

Phone Number

E-Mail Address

Signature

Parent Signature (if under 18)