

6TH ANNUAL COACH CAPUANI CROSS COUNTRY KICK OFF

DATE: Saturday, Aug. 6, 2011
TIME: 9:00 AM – Fun Run, 9:30 AM – 5k Cross Country Race
SITE: Frontier High School, 4432 Bayview Road, Hamburg NY
TERRAIN: On Campus, "off road," flat, grassy, with trails
ENTRY FEES: 5K race: Adults \$15, Students \$10
Fun Run: \$8
(after 7/30/11) **ALL 5K RUNNERS \$20**

REGISTRATION BY MAIL – ACCEPTED UNTIL 7/30/11.

Mail registration forms to: Jim Zubler
c/o Frontier High School
4432 Bayview Road
Hamburg, NY 14075

Make checks payable to: Frontier Varsity Club

REGISTRATION IN PERSON – The day of the race (8/6/11) from 7:30 – 9:00 AM in the high school gymnasium

PRE-REGISTERED PICK UP – Race-day pick up will be from 7:30– 9:00 AM in the high school gymnasium

AWARDS (5K)

Overall Male & Female runners

Medals to Male & Female runners

Age groups: 9 & under, 10 – 12, 13 – 15, 16 – 18, 19-24, 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 & up

FACILITIES: Restrooms and change areas are available in the high school

COURSE MAPS & APPLICATIONS: Are available at the Frontier Central High School or at the Falcon Track Club
website: www.falcontrackclub.com. For additional information, please contact Jim Zubler at:
jzubler@frontier.wnyric.org.

Registration Form Coach Capuani Cross Country Kick-Off

Declaration: In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against the sponsoring organizations for any and all damages which may be sustained as a result of my participation in this event.

NAME _____ MALE ___ FEMALE ___
ADDRESS _____
CITY _____ STATE _____ ZIP _____

PHONE: _____ BIRTHDATE: _____ AGE AS OF AUG. 6, 2011 _____

EMAIL ADDRESS: _____

SHIRT SIZE (circle) S M L XL 5K RACE _____ FUN RUN _____

SIGNATURE _____

PARENT'S SIGNATURE _____

