

# Flattery's

## 5K & Volleyball Bash

"A new southtowns tradition"

mail your registration form along with payment to:

South Buffalo Athletic Club  
P.O. Box 901,  
West Seneca, NY 14224

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Jennifer Rhyner  
Freelance Graphic Designer  
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"A new southtowns tradition"



ATHLETIC CLUB

**10AM SHARP!**

**July 9<sup>th</sup>, 2011**

1397 Orchard Park Rd.  
West Seneca, NY 14224



# Flattery's 5K & Volleyball Bash

"A new southtowns tradition"

## Course Details

This is a 3.1 mile out and back course that wraps through two lovely neighborhoods providing a safe, traffic free route with multiple water stops and plenty of crowd support.

Race timing provided by WNY Finish-Line Services.

## Fees

Early registration post marked by June 20, 2011 - \$18.00

Day of race registration - \$20.00

SBAC, Checkers members, Students & Seniors 60+ - \$15.00

## Awards

Prizes will be awarded to the 1st male and female overall, as well as the top 3 male and female finishers in each of the following age groups:

0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

## Post Race Party

The post race party will begin the moment the first runner crosses the finish line. PR patio party will include live music, food, pop, water, beer, fruit, beer...fun!

We will also have a bounce **KIDZONE** including bounce houses, face painting and games!

## V-Ball Tournney

The volleyball tournament will begin at 12 noon. Co-ed teams of six must have at least two females. The round robin format will ensure each team a minimum of two games. The entry fee is \$100 per team. Winning team receives \$500 with the remainder being donated to SBAC Scholarship Fund.

Registration will start at 10am on June 2<sup>nd</sup>.

Please make checks payable to: **South Buffalo Athletic Club**

I will be participating in the: 5K run \_\_\_\_\_ 5K walk \_\_\_\_\_ Sex: \_\_\_\_\_ Dri-fit Shirt Size: S, M, L, XL \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ (race day) e-mail address: \_\_\_\_\_

Illegible registration forms cause delays in registration processing and tapping into the beer stores by the volunteers earlier than normal to maintain sanity. Please take a few extra moments to make sure that we can read your registration form to ensure we have enough beer come race day. Thank you for your assistance in this matter and we really look forward to seeing you at the post race party!

In consideration from my entry being accepted, I intend to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all claims and rights or damages which I have or which I may hereafter occur to me against South Buffalo Athletic Club, Erie County, the race sponsors, and successors and assigns for any and all damages which may be sustained by me in connection with my association with or entry in and arising out of my traveling to, participation in and returning from said event.