

LK



5K



1st Annual Lois Koss Memorial Run Thursday, June 17, 2010

Time

Race begins at 6:30

Location

The Pour House
23 South Buffalo St.
Hamburg, NY

Entry Fees

\$20.00 Pre-register by 6/10/10
\$25.00 Register day of race
(entries close at 6:15)
\$10.00 for children 10 & under
(If you want to attend the post race party only, wristbands can be purchased for \$10.00)

*All fees are non-refundable!

T-shirts to first 250 registered runners!

Course

5K through the beautiful village of Hamburg.

Walkers Welcome!
Event Sanctioned by USATF

Timing by WNY Finish Line Services.

Awards

Awards to overall male and female winner. Male and female awards for top three finishers in each age group.
No duplicate awards.

Age Groups

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

Race Packet Info.

Race packets can be picked up at The Pour House from 4:00 - 6:15pm on day of race only.

Post Race Party

Immediately following the race, join us at The Pour House for beer, pop, food, music and fun!

General Info.

All proceeds from the race will go to the Lois Koss Memorial Fund, which provides scholarships for Frontier High School Students. Please no roller blades or bicycles. Parking available at The Pour House or Ss.Peter and Paul Church on East Main Street.

For more information:

Race Director,
Jennifer Lavelle
(716) 870-7946

jlavelle624@yahoo.com

Sponsors

~Nestle Waters ~Road ID ~FCTA
~Try-it Dist ~Omega Health & Wellness ~Gottstine's Goodies
~Pasquale's ~Killian Bulk Transport
~Urban Valet~C. Koss Electric
~Sunnyside Travel ~Help Haiti
~Southtown Teacher's Center
~BGI Interiors ~Frontier Reading Dept.
~The Koss, Concheiro, Sullivan, Spangler, Ringo, Gonzalez, Santoro, Salley, McCarthy, and Sullivan Families ~Bella Day Spa ~Pepsi
~Frito Lay ~ Jubilee Foods-Angola
~Jerry and Fran Bainbridge
~Braymiller's Lanes ~The Kuss Family

Registration: Please send this entry form and registration fee to: LK 5K, 1390 Evergreen Dr, Lakeview, NY 14085.
Make checks payable to: The Lois Koss Memorial Fund.

Last Name

First Name

MI

Address

Town/City

State

Zip

Phone

Age

Sex(M/F)

Shirt Size S M L XL

Circle one

In consideration of your accepting this entry and permitting me to attend or participate herein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against, the Town and Village of Hamburg, The Pour House, The Lois Koss Memorial Fund, and/or sponsors, volunteers, agents, members and assigns, organizers, for any and all losses and injuries in association with this event.

Signature

Date

Parent Signature

Date

(if participant is under 18 years of age)

In case of emergency call:

Relation to participant: