





## 5K Road Race/Walk/Pump and Run

<p><b>Major Sponsors</b></p> <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 20px;">  </div> <p><b>Contributors:</b></p> <p>Edna Louise Estate and Household Liquidators</p>	<p><b>Date and Time:</b> September 25<sup>th</sup>, 2010 at 11am</p> <p><b>Location:</b> Buffalo Covenant Church 786 Kenmore Avenue Buffalo, NY 14216</p> <p><b>Race:</b> 5K street race- (course map on website <a href="http://www.jillmatticememorialrun.com">www.jillmatticememorialrun.com</a>)</p> <p><b>Pump and Run:</b> <b>Pump and Run</b> refers to a sporting event which consists of a strength event followed by running. Participants must visit a participating gym to complete the "Pump" portion of the contest. Men must bench press 70% of their body weight and women 50% of their weight. Each repetition deducts 10 seconds off of the individual's race time. The person with the lowest adjusted run time wins the event.</p> <p><b>Pre Race Pick-Up:</b> September 22<sup>nd</sup> and 23<sup>rd</sup>; 6:00-8:00pm at Buffalo Covenant</p> <p><b>Day of Registration:</b> September 25<sup>th</sup> 8:30-10:30am</p> <p><b>Entry Fee:</b> \$20.00 pre-registered, \$25.00 after 9/1/10</p> <p><i>(US funds only)</i> Shirts will only guaranteed for pre-registered racers! <b>NOTE: Please do not send cash</b></p> <p><b>Checks Payable/Mail to:</b> NYS Troopers Foundation/Mattice – Mail to: Carmen Davidson 625 Starin Ave Buffalo, NY 14216</p> <p><b>Awards:</b></p> <p><b>5K Race:</b> Top overall male and female in the following age brackets- 14 &amp; 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 and 80 plus.</p> <p><b>Pump and Run:</b> Top overall male and female</p> <p><b>Post Race Party:</b> Post Race party will be held in the parking lot of the Buffalo Covenant Church. The party will feature the awards ceremony, live music and plenty of food and refreshments.</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Families and Walkers Welcome</p>
--	---

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, do hereby discharge The Buffalo Covenant Church and the Jill Mattice Scholarship Fund, the race organizers and any & all sponsors & sanctioners of the race for all injuries and losses suffered by me from competing in or attending the said event.

I am full time Law Enforcement

Cleve Hill student/faculty

I am registering for the:

5K Race\_\_\_\_\_

Pump and Run\_\_\_\_\_

\_\_\_\_\_

Last Name
First Name
M.I.

\_\_\_\_\_

Number and Street

Unisex T-Shirt  
Size  
S, M, L or XL

\_\_\_\_\_

\_\_\_\_\_

Town/City
State/Prov
Zip/Post Code

\_\_\_\_\_

Sex
Age
Phone
E-Mail Address

PSN/BIB #  
(race use)

Signature

Parent Signature (if under 18)