



RACE DIRECTORS: Jessica Nowak and Erin Monnett

DATE & TIME: Friday, June 10, 2011, 6:30 p.m.

LOCATION: Aquatic and Fitness Center
1 Pool Plaza
Buffalo, NY 14223

Event is Sanctioned by USATF



PRE RACE REGISTRATION: Begins May 1, 2011 CLASS CODE 562106-01
Registration / packet pick - up on race day must be done by 6:00 p.m.

AWARDS: Awards given to first overall male and female, plus awards to the top three in each of the following groups (male and female): 14 and under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79 and 80 plus.

RESTROOMS: Located in the Aquatic and Fitness Center

POST RACE PARTY: Immediately following the race on the lawn at the Aquatic and Fitness Center. Party will feature awards, door prizes, music, food, and refreshments

QUESTIONS: Call the Race Directors at 876-7424

PLEASE, NO STROLLER'S, DOG'S OR ROLLERBLADES

PACKET PICK-UP: Wednesday 6/8 & Thursday 6/9 from 5:30 - 9:30 p.m.
In the Aquatic Center lobby or Friday June 10th before 6 p.m.

DAY OF REGISTRATION: Aquatic and Fitness Center Before 6:00 p.m.

ENTRY FEE: May 1st - May 15th \$15.00* Early Bird
May 16th - June 5th \$20.00*
June 6th - June 10th \$25.00*

*U.S. Funds only, registration fee is non-refundable,
Fee includes tee shirt, race packet, and post race party entrance.

CHECKS: Make PAYABLE to Town of Tonawanda
MAIL TO: Aquatic and Fitness Center
1 Pool Plaza



COURSE: Certified 5K course beginning at the Aquatic and Fitness Center and continues down Delaware Road to Brighton Road and neighborhood streets behind the Center.

Town of Tonawanda
 Aquatic and Fitness Center
 1 Pool Plaza
 Buffalo, NY 14223

LAST NAME												FIRST NAME								M.I.	
NUMBER AND STREET																				UNI - SEX SHIRT SIZE S, M, L, or XL	
TOWN/CITY												PSN/BIB									
STATE/PROV.		ZIP/POSTAL CODE				TODAY'S DATE				Race Use Only											

RELEASE:

PLEASE READ BEFORE SIGNING.

Must be signed by a participant or parent/guardian if under 18 years of age. In consideration of my being accepted, I intend to be legally bound, do hereby, for myself. My heirs, executors & administration: waive, release and forever discharge any and all claims against the Town of Tonawanda, USA Track and Field, race organizers, sponsors, all other donors and contributors, successors and assigns for any and all damages or injuries which may be sustained by me in connection with my association with or entry in and arising out of my travel to, participation & return from the Town of Tonawanda 5K.

Signature of Runner _____

Signature of Parent/ Guardian if under 18 _____