



Presents:
**The 5th Annual “Making Tracks for Families”
 5K Race and 1 Mile Fun Walk**
Sunday, October 30th, 2011
10:00 a.m. start, Lackawanna, NY

- Finish line: **WNY Finish Line Services**
- Sanctioned by the USATF/USATF certified Course (**Cert. No. NY07024JG**)
- Entire race within the confines of Holy Cross Cemetery, 2900 South Park Avenue, Lackawanna.
- Flat course!
- Fee: \$20.00 pre registered (received by 10/27/11), \$22.00 day of race.
Make checks payable to:
 CAFFA, P.O. Box 1672, Ellicott Square Station, Buffalo, NY 14205
 For more information: Contact Bob Krug at (716) 858-2671
- Race day registration from 8:00 a.m. to 9:45 a.m.
- ***Race day registration, packet pick-up, post race party, and awards presentation at the VFW Post 898 at 2909 South Park Avenue, Lackawanna, NY.***
- **Awards** – First Male & Female Overall, First Male and Female Masters
 Awards to the first three male and female finishers in the following five year age categories: 14 & 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+
- Basket Auction
- Proceeds to Benefit CAFFA – Helping to Build Families by Supporting Foster Care & Adoption Services in WNY
- **TShirts guaranteed for all pre-registered runners!**

Last Name _____ First _____

Complete Address _____

Town/City _____ State _____ ZIP _____

Sex: _____ Age day of race: _____ 5K or 1 mile fun walk? _____ T-Shirt Size: S M L XL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, the City of Lackawanna, Holy Cross Cemetery, VFW Post 898, CAFFA, USAT&F and its successors and assigns for any and all injuries suffered by me in association with this event. I declare myself to be physically fit to enter this race. (Application must be accompanied by entry fee).

Signature _____ Date _____