D & F 5K CHALLENGE

Chautauqua Health & Fitness

5K Run/Walk starting at the D & F plaza

Place: 1170 Central Ave (Corner of D & F plaza by Middlesex Dr.)
Dunkirk, NY 14048
Time: 8am Registration
Start of Race: Promptly at 9:30am
**1 mile run/walk for fun starts at 9:00am
5K Fees: $17.00 –Pre-registration–Current CH&F Members
$20.00 – Pre-registration – All other runners
$25.00 – After deadline & day of the race!
1 Mile Run for Fun Fees: $10 for all participants

Deadline to register early is June 9th, 2014
If you register after the deadline, you may not be guaranteed a T-shirt

Sanctioned by the USA Track and Field Association

Traffic Control by Dunkirk and Fredonia Police

Sponsored by:

CHAUTAUQUA Health & Fitness

June 21st, 2014

Proceeds to benefit Fredonia State Track & Field Mary Phillips Fund!
Post-race raffles and prizes!

Course Records:
F: Cailin Kowalewski 19:19 (2013) **M:** Lloyd Christmas 16:32 (2012)

Pre-Registration Fee for 5K is $17 for current Chautauqua Health & Fitness Members – $20 for all others
$25 Registration Fee for all 5K runners/walkers after June 9th and day of the race
$10 registration fee for all "1 Mile Fun Run" participants
T-shirts for ALL PARTICIPANTS (If you register after the deadline, you will not be guaranteed a T-shirt)

REGISTER BY MAIL OR OVER THE PHONE! CALL 716-363-6383 MON-FRI BETWEEN 8 & 4

Last Name First Name M.I.

Address

City State Zip/Postal Code

Sex Age Phone Number BIB (Race Use Only)

T-shirt Size (Adult)
XS____
S____
M____
L____
XL____
XXL____

Please check age division

____10 and under ____11-14 ____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 ____80 +

Check one: { } 5K Run/Walk { } 1 Mile Run/Walk for Fun

{ } Please check if you are a current Chautauqua Health & Fitness member

Declaration: I understand that physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries, and that it is my responsibility to consult with a physician prior to and regarding my participation in this event. I represent and warrant that I am physically fit and have no medical condition which would prevent my participation. In consideration of being permitted to participate in this event, I agree to assume full responsibility for any known or unknown risks, injuries or damages which I might incur, and I (including my heirs, legal representatives and assigns) knowingly and voluntarily forever release, waive and discharge Chautauqua Health & Fitness, LLC, including its members, officers, directors, agents, sponsors, volunteers, independent contractors and employees, and to hold such parties harmless, from any and all claims arising from my personal injury, property damage, disability or death caused by their negligence or other acts.

Signature (Parent/Guardian if under 18 Years of age) _____

Please return this form to Chautauqua Health & Fitness 1170 Central Ave Dunkirk, NY 14048 Attn: Greg Craft
Make checks payable to: Chautauqua Health & Fitness Any questions call: (716) 363-6383 Or visit: GetFitWNY.com