

Sunday, Ocotber 3, 2010

Day of Race Registration: 9:00am

Race: 10:30am SHARP

\$10.00 Participant Donation Fee

Come run on our NEW certified 5K trail! Paved - gravel - dirt - great run!

Preregistration available at the Saylor Building Recreation Office or via email and facsimile

## Age Groups

12 & under 13 - 16

17 - 19 20 - 29

30 - 39 40 - 49

50 - 59 60 & up

\*FREE\* 5K t-shirt for the first 50 arrivals on day of race - \*FREE\* parking

1st place medals for all male and female winners in each age group

\*FREE\* High Carb lunch during post party in Dining Room

For more info please call the Catt. Rec. Dept. @ 716.532.9225

or email: Lindsey.Seneca@SN1.org