

Name \_\_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

CHECK ONE:  5K RUN  5K WALK  
 LONG SLEEVE T-SHIRT SIZE:  S  M  L  XL  
 GENDER:  M  F

In consideration for my entry being accepted, I, do intending to be legally bound, do hereby, for myself, my heirs, executors and administrators; waive, release, and forever discharge any and all claims and rights for damages which I have or which may hereafter occur against Dr. Richard Sarkin 5K Memorial Run/Walk, the City of Buffalo, the County of Erie, Buffalo Olmstead Parks Conservancy, all other donors and contributors and successors for any and all damages which may be sustained be me in connection with or entry in and arising out of my traveling to, participating in and/or returning from the said event.

Signature of participant \_\_\_\_\_

Signature of parent/guardian if participant is under 18 \_\_\_\_\_

## RACE INFORMATION

**ENTRY FEE**  
 \$18 RECEIVED BY 10/01/14  
 \$20 AFTER 10/01/14  
 US funds only—cash or check on race day

**Please make check payable to:**  
 Richard T. Sarkin M.D.  
 Foundation for Medical Education  
**Mail checks with application to:**  
 Sarkin Memorial Run  
 P.O. Box 1523  
 Amherst NY 14226



REGISTRATION AND RACE PACKET PICK-UP BEGINS AT 9AM ON RACE DAY BEHIND THE ALBRIGHT KNOX ART GALLERY NEAR THE ROSE GARDEN  
 LONG-SLEEVED T-SHIRTS FOR THE 1<sup>ST</sup> 350 PARTICIPANTS

### THE RACE

**COURSE:** USATF Certified 5K course begins and ends on Lincoln Parkway near the Albright Knox Art Gallery. The route proceeds down Delaware Avenue passing the Women & Children’s Hospital of Buffalo midway via Hodge Street. Event is sanctioned by USATF.

**FINISH LINE:** Official times will be recorded by **Western New York Finish Line Services**. A double-sided finish line clock will be posted at the finish line with results following completion of the race and calculation of top finishers.

**Course Restrictions:** For everyone’s safety, bicycles, strollers, jogging strollers, roller blades, and pets are prohibited on the race course.

### AFTER THE RACE

**FOOD:** Catered by Ted’s Hot Dogs  
**PRIZES:** All participants eligible for post-race prize give away. Prizes will be awarded to 1st, 2nd, and 3rd place overall male and female, as well as the 1st, 2nd, and 3rd place male and female finishers in each of the following age divisions:

≤ 14	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	≥ 80

No Duplicate Awards

### In Memory...

*Dr. Richard Sarkin was a tireless advocate for the best possible practice of medicine, and taught that good medicine includes idealism, altruism, and compassion. He touched thousands of lives in WNY. His strong devotion to work and teaching was outstanding, but paled in comparison to his love of spending time with friends and most of all his family. The life of Dr. Richard Sarkin was tragically ended in a plane crash on October 19, 2004. This race is a small tribute to a wonderful man.*



*The Richard T. Sarkin M.D. Foundation for Medical Education is a charitable trust that was established to continue Dr. Sarkin’s efforts to constantly improve the practice of medicine. The proceeds of this race will benefit the Foundation with the aim to enrich and improve the education of students and young physicians who will in turn impact this community and countless lives. This year, the Sarkin Foundation will give a portion of proceeds to the **Lighthouse Free Medical Clinic**. [www.lighthousefreeclinic.com](http://www.lighthousefreeclinic.com). This organization composed of students at the UB School of Medicine as well as community health workers, and physicians, is dedicated to providing free healthcare to the uninsured and underserved patients of Buffalo. Please learn more about the Sarkin Foundation at [www.sarkinfoundation.org](http://www.sarkinfoundation.org)*

SPONSORED IN PART BY:



CERTIFIED COURSE



10th ANNUAL  
DR. RICHARD SARKIN  
5K MEMORIAL RUN/WALK

OCTOBER 18, 2014  
10:30AM

*Albright Knox Art Gallery to  
The Women & Children's Hospital of Buffalo*

*www.sarkinfoundation.org*

RICHARD T. SARKIN M.D.  
FOUNDATION FOR MEDICAL EDUCATION  
P.O. BOX 1523  
AMHERST NY 14226



**Sarkin**  
FOUNDATION