

5 MILE TRAIL RUN

DATE: Thursday July 14, 2011 2010 results at buffalorunners.com
STARTING TIME: 6:30 PM On site registration 5:30-6:15
DISTANCE: 5 miles of challenging terrain
LOCATION: Chestnut Ridge Park, Orchard Park NY
COURSE: Primarily on the trail developed as an Eagle Project by Troop 420 of West Seneca.
ENTRY FEE: \$10 post marked by July 7th; \$12 after July 10th.
NO AWARDS will be given, this is a fun event
RESULTS will be at Buffalrunners.com
POST RACE PARTY: hot dogs, snacks and refreshments
DIRECTIONS TO THE RACE: Google map directions to 'Chestnut Ridge Park Orchard Park'. Race will start at shelter close to Newton Road entrance.
SPECIAL NOTE: Facilities are available at casino
Email hhhgorby@gmail.com with questions

The 5 Mile Trail Run is being sponsored by the Buffalo Orienteering Club. Information on orienteering will be available at the event.
Orienteering is a sport using a map and compass in order to navigate from control point to control point. Events are held in various parks throughout our region. Each spring the Buffalo Orienteering Club sets up a course of 25 controls at Chestnut Ridge, Sprague Brook and Emery Parks for the avid orienteer or the casual hiker to do at their leisure. More information about our club can be found at: buffalo-orienteering.org

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Return to: **Patricia Lyons 189 Sycamore St East Aurora NY 14052-2926**
with entry fee payable to: **Buffalo Orienteering Club**

NAME: _____

STREET _____

CITY _____ STATE _____

SEX(circle one) M or F AGE _____

WAIVER:
I know that a trail running race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, traffic & conditions of the park road, course conditions, contact with other participants, the effects of the weather (including heat and/or humidity), all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and any entitled to act on my behalf waive and release the Buffalo Orienteering Club, Town of Orchard Park, Erie County Parks and Recreation Dept., Country of Erie and all sponsors, race director, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____
(if under 18)

Emergency phone number _____ - _____ - _____ Relationship _____