

Mail this registration form to:

DNFBA 5K Run
101 Old Falls Street
Niagara Falls, NY 14303

Entry Fees: Single \$20.00 (pre-registration)
\$25.00 (day of race)

Couple \$35.00 (pre-registration, 2 person max)

Team \$100.00 (pre-registration, 5-10 people)

Under 10 yrs. & Over 75 yrs. old Free!

Checks or Money Orders Payable To: DNFBA 5K Run

Registration form: fill out one form per participant; forms and payment for couples or teams must be submitted in the same envelope.

Last Name First Name Middle Initial

Number and Street Address

Town/City State/Prov. Zip/Postal Code

()
Phone Number Email Address Age

Amount Enclosed \$ (cash, check, or money order)

T-Shirt Size (Unisex) circle one:

Small Medium Large XLarge XXLarge

Please read and sign:

WAIVERS OF LIABILITY: I fully assume and understand the risks of participating in an open course run including death or injury due to vehicles, falls, collisions with other participants or spectators, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense should I appear in need. For injuries I sustain, including death, I agree to save and hold harmless the Downtown Niagara Falls Business Association, Inc. of Niagara Falls, New York, local government, law enforcement personnel, volunteers, event staff, suppliers, contractors and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns, arising from my participation in this event or the instruction I received.

WAIVER FOR PUBLICITY: I agree that images taken of me during this event may be used in any legal manner without payment to me. I have read and understand the terms of this document. I make this agreement and pay my entry fee in exchange for the privilege of participating under the conditions of the event.

Signature Date

Parent Signature (if under 18) Date

X cut here

X cut here

X cut here

Race Directors: Jim Seymour & Jen Noble

Date & Time:

Saturday, May 22, 2010: race begins at 9:00am, race-day registration begins at 7:30am

Location:

Old Falls Street (across from the Seneca Niagara Casino, between The Conference Center Niagara Falls & the Crowne Plaza Hotel).

Parking:

Participants may park in surrounding City Parking Lots or on the street

Pre-Race Packet Pick-Up Date:

May 19-21 (Wednesday-Friday) from 9:00am to 4:00pm at **The Conference Center Niagara Falls, 101 Old Falls St., Niagara Falls, NY 14303.** Packets may also be picked up on Race Day (Saturday, May 22, 2010).

Packets Will Include:

T-shirt, bib, wrist band, and race day information

Food & Beverage Post Race:

Non-participants may purchase a wrist band for \$10.00 (for registered runners food & drink is included in registration fee)

Awards:

Trophies to the first overall male and female in each of the following age groups: 14 & under, 15 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 70-74, 75 & up

Post Race Party:

Food, beverage and entertainment will take place on Old Falls Street. Please make sure to have your wrist band visible. Those who have registered to run or purchased a wrist band (see above) may participate in the post-run party. The party will last until 12:00pm.

Race T-Shirts:

T-shirts for participants will be included in the registration packet; t-shirts are available for \$10.00 on the day of the race for non-participants

No bicycles, strollers, pets or rollerblades will be allowed on the course during the race.



Course: 5K course begins on **Third Street** (in front of the Casino & Crowne Plaza Hotel) . Runners will start out going south on **Third Street**, turn onto **Buffalo Avenue** through the **Buffalo Avenue Heritage District**, run along a portion of the **Robert Moses Parkway** (view of the **Upper Rapids**), onto **Main Street/Rainbow Blvd. North**, turn onto **Niagara Street**, right onto **John B. Daly**, right onto **Rainbow Blvd.** and turning right to finish on **Third Street**

Race timing provided by WNY Finish Line Services



Downtown Niagara Falls Business Association, Inc.
101 Old Falls Street
Niagara Falls, NY 14303
278-2115 or dnfbany@gmail.com
www.downtownniagarafallsny.com

Contact: Jen Noble
Jim Seymour
716.278.2105 dnfbany@gmail.com