

# Niagara Area Habitat for Humanity

Presents

## Christmas 5K Run/Walk

*Saturday,  
Dec. 11, 2010*

*Fun for All Ages*



*Niagara  
Gorge  
Discovery  
Center*

***Teams & Walkers are Encouraged!***

***Run/Walk Registration begins- 9:00am Race Starts-11:00am***

### 6<sup>th</sup> ANNUAL EVENT

**Registration/Entry:** Pre-registration deadline must be received at NAH by Dec. 10, 2010. Pre-registration Fee: \$15.00. Day of Race: \$18.00.

Make checks payable to: Niagara Area Habitat for Humanity. Sorry, No refunds.

**Course:** 5K run starts at Niagara Gorge Discovery Center along the Gorge towards Whirlpool State Park, turn at construction fence & back toward the Discovery Center, turn at cones & back onto original route, turn again, this time back to Discovery Center starting point.

**Awards:** Trophies awarded to the first & second place finishers in each age group as follows: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-59, 50-54, 55-59, 60-64, 65 & over. Both male and female categories. One **OVERALL** prize for male & female.

**Post Race Reception:** ..... Immediately following race completion @ the Niagara Gorge Discovery Center.

**Parking:** Free parking is available at the Discovery Center.

Mail checks to:  
Niagara Area HFH Christmas Run  
P.O. Box 932, Niagara Falls, NY 14302

Questions: Claudia Folsom  
or email: [service1@niagarahabitat.org](mailto:service1@niagarahabitat.org)  
website: [www.niagarahabitat.org](http://www.niagarahabitat.org)

**DECLARATION:** In consideration of accepting this entry, I hereby, for myself, my heirs and administrators, waive and release any and all of my rights and claims for damages I might have against the organization holding this event, Niagara Area Habitat for Humanity, NY State Parks, USATF-Niagara, their agents, representatives, successors and sponsors for all injuries suffered by me at this event.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Zip/Postal \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_ Age: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Team Name: \_\_\_\_\_

Email address: \_\_\_\_\_

I will be participating in the \_\_\_\_\_ RUN \_\_\_\_\_ WALK. I will not be racing, however I would like to donate \$ \_\_\_\_\_ to Niagara Area HFH.

Signature \_\_\_\_\_ (parent if under 18yrs.)