

TIM FRANK MEMORIAL CANAL FEST 4 MILER

in celebration of the 28th Annual Canal Fest

To Benefit the Boys & Girls Club of the Northtowns of WNY



THURSDAY JULY 22ND, 2010

7:00 PM

"24TH ANNUAL RACE"



Registration / Pick-Up: Elks Lodge 860, 12 Main St. North Tonawanda, NY 14120 (Located at Main and Sweeney Streets).

Race packets may be picked up on July 21st, 3:00pm - 8:00pm. Race day registration is 4:30 pm - 6:30 pm at the Elks Lodge.

Race Course: The race site starts and finishes at the foot of the Delaware Street Bridge at E. Niagara Street in Tonawanda. The 4 mile-course runs along the shores of the Erie Barge Canal (USATF Certified).

NEW! Chip-Timed Race Start and Finish by **Score This!!!**

Tonawanda Course Record | Male – 1989 – Bob Williams – 19:49
Tonawanda Course Record | Female – 1991 – Lisa Warneke – 23:41



BOYS & GIRLS CLUBS
OF THE NORTHTOWNS OF WNY

Awards: 1st Place Male and Female Overall
1st, 2nd, 3rd Place Male and Female in the following age groups:

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over



Race Day Itinerary:
4:30pm – 6:30pm Registration and Race Packet Pick-Up
7:00pm Ceremonies and Race Start
8:00pm Post Race Party at the **Elks Lodge**
(Non-runners 12-20 years of age - \$5 charge; 21 and above -\$8 charge)
8:30pm Awards Ceremony at the **Elks Lodge**
(food, beverages, music, raffle and awards)

Entry Fee: Adults (15 & over): \$22.00 Pre-registration | \$24.00 Day of Race
US Funds only Children (10 & under): \$9.00 Pre-registration | \$11.00 Day of Race
Children (11 to 14): \$14.00 Pre-registration | \$16.00 Day of Race

Questions: Call Jeffrey Hardy @ (716) 510-3971. Jeff14Hardy@aol.com

On-Line Registration: WWW.SCORE-THIS.COM also check out WWW.CANALFEST.ORG
(RESULTS)

- T-SHIRTS TO THE FIRST 400 PARTICIPANTS

Make checks payable to: Score This!!!, Inc. US Funds only

Mail to: Score This!!!
Attn: Canal Fest 4 Miler
15 Ranch Trail Ct.
Orchard Park, NY 14127

ENTRY FORM Email _____

LAST NAME

FIRST NAME

MI

NUMBER & STREET

PSN/BIB

TOWN/CITY

STATE/PROV

ZIP/POST CODE

SEX AGE

PHONE NUMBER

I am donating the following additional amount to benefit the Boys and Girls Clubs

T-shirt Size: (circle one)

S M L XL XXL-add \$1.00

Waiver: In consideration of my acceptance and registration, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages against the cities of the Tonawandas, Canal Fest, Boys & Girls Club of the Tonawandas its agents, successors and assignors for all injuries suffered by me at said race. I declare myself physically fit for this race.

Date Signature of Runner
Date Signature (parent or guardian if under 18 years old on 7/22/10)