

Mr. Ed's 20th annual "Superbowl Warm-Up"

SUNDAY, FEBRUARY 1, 2009 in Middleport, NY

5 KILOMETER CANALSIDE RACE @ 11:30

1 MILE FUN-RUN @ 11:00 / 5 K WALK @ 10:30

☺ RENOWNED POST-RACE PARTY ("OF COURSE, OF COURSE") ☺

"COLLECTOR'S ITEM" SWEATSHIRTS TO FIRST 300 REGISTERED.

5-K AWARDS GALORE OVER-ALL, MASTERS, GRAND MASTERS, AND FIREMEN

5-YEAR AGE GROUPS FUN-RUN & WALKER RIBBONS

ChampionChip Computerized Scoring

by **Score-this.com**

Register at: MIDDLEPORT FIRE HALL on Main Street from 9:30 to 11:00

No dogs or strollers allowed in 5K Race.

More Information? Phone: (585) 798-3283

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PRE-RACE REGISTRATION DEADLINE 1/29/09

PRE RACE ENTRY FEE: \$21.00 (U.S. Funds Only Please) \$12.00 (14 years & Under)

Race Day Registrants: \$25.00

Checks Payable To: "Mr. Ed's Race." Mail To: Mr. Ed's Race / 7339 Lake Road, Appleton, NY 14008
Please Enter ALL Information

Last Name _____ First Name _____ Phone () _____

Complete Address & ZIP _____

E-Mail address _____

I Am Entering The: 5K RACE _____ FUN-RUN _____ 5K WALK _____ FIREMEN'S 5K RACE _____

FIREMEN'S 3 X 1 MILE RELAY (Enter Team Name) _____

Date of Birth: ____ / ____ / ____ Age on Race Day: ____ Sex: M F

Circle Your Shirt Size: S M L XL XXL (additional \$3.00)

In consideration of your accepting my entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights & claim for damages which I may have against Mr. Ed's "On The Road" Athletic Club, Mr. Ed's Friendly Tavern, The Middleport Volunteer Fire Co. #1, Inc. and their sponsors for any injury or damages which may be sustained as a result of my participation in this event or arising out of traveling to or from this event. I certify that I am in good health & able to participate in this event.

SIGNATURE _____ Parent if Under 18 _____

PROCEEDS BENEFIT: THE MIDDLEPORT VOL. FIRE CO. - SCHOLARSHIP FUND

For Race Use Only

Additional applications can be found on www.score-this.com