

General Information

Date: Saturday, August 14, 2010

Time: Both the Run and Walk will start at 6:30 p.m. SHARP

Location: 313 Niagara Street
Tonawanda, New York 14150

Distance: 5K - 3.1 miles
sanctioned & certified
#NY01038AM

Entry fee: **\$25 registration fee**, includes a special giveaway for the first 700 and a party for all registered. Register by August 13 and receive a free goody bag.

Early Bird Special by August 1, \$20 Register on-line at Active.com

Make checks payable and send to: Mississippi Mudds 5K River Race
363 Tremont Avenue
Kenmore, New York 14217

Packet pickup for pre-registration: Friday, August 13th, 6-8p.m.
at Mississippi Mudds
313 Niagara Street, Tonawanda

Race day registration & packet pickup: Saturday, August 14th 4 - 6:15 p.m.
at Mississippi Mudds

Awards: \$50 Award and trophy to the overall male and female winners Awards to the first three winners in each of 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, 70-74, 75-79, 80 & over.

Chip Timing: By Leone Timing & Results Services

Giveaway: A special giveaway design by **Donnelly Design**, to the first 700 registered participants

Post race party: Great post race party includes: Awards, food, desserts, beverages, live music, massage therapist.

For info. call: 913-0621 - Ellen Ode
or e-mail EllenOde@aol.com
Also, find us on Facebook

Special thanks to: The City of Tonawanda Town Board, Police, Parks Department and Fire Department

Participating in "Western New York's Fabulous 5K Racing Series"

which includes many of your favorite WNY 5K races:
St Gregory's the Great Race, Loughran's Alumni Cup, The Ronald McDonald House 5K, Mississippi Mudds 5k River Race, the Moonlight Run, and Lebro's Fall Classic



Make checks payable, and send entries to:
Mississippi Mudds 5K River Race
363 Tremont Avenue
Kenmore, New York 14217

Runner's signature _____

Youth entries (if under 18) parent/guardian signature _____

SEX: (Check one) M F (day of race)

AGE

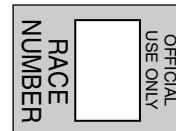
5K Run Walker

Phone Number _____

email: _____

STATE/PROVINCE

ZIP/POST CODE



LAST NAME

FIRST NAME

M.I.

NUMBER AND STREET

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 organizations holding this event, Mississippi Mudds, The Leukemia & Lymphoma Society, The City of Tonawanda, The County of Erie, their agents, representatives, successors, and sponsors for all injuries suffered by me at this event. Please note: participants under 18 years of age must have a parent or guardian signature before running or walking.

Mississippi Mudds 5K River Race
363 Tremont Avenue
Kenmore, New York 14217

11th annual



MISSISSIPPI MUDDS 5K RIVER RACE RUN/WALK

Saturday, August 14, 2010
6:30 p.m. start

A portion of the proceeds to benefit
The Leukemia & Lymphoma Society



MISSISSIPPI MUDDS 5K RIVER RACE Course Map

