

2010 2nd annual



Run for Row 5k run/walk



ASSISTANCE PROVIDED BY:

- ACI CONTROLS
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The Event is Sanctioned
by USATF and the Course
is Certified to be
Accurate by the USATF
#NY94008AM

RACE DIRECTOR: Kristin Leiby, 716-891-3896

DATE & TIME: Sunday, August 22, 2010 at 9:30AM Kids Fun Run at 9AM

LOCATION: Como Lake Park, Lancaster, NY

PRE RACE PICK UP Friday, August 20, 2010 Noon - 8:00pm

AND REGISTRATION: TRI SPOT , 4685 Transit Rd, Williamsville, NY 14221

POST-REGISTRATION: Como Park Casino, 2220 Como Park Blvd, Lancaster, NY
Sunday, August 22, 2010 starting at 8:00am

ENTRY FEE: \$19.00 pre-registered, \$20.00 day of race, \$5.00 Kids Fun Run
\$18.00 for Checkers Members

HIGH TECH SHIRTS: For first 200 pre-registered participants. Size guaranteed
if registered by August 1st

CHECKS PAYABLE TO: Row Family Trust

MAIL TO: CAMERON COMPRESSION SYSTEMS
Run For Row 5K
3101 Broadway Street
Buffalo, NY 14225

AWARDS: Trophies to the first overall male and female, overall male and
female masters plus trophies to the top three in each of the
age groups (male and female):

14 & under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39,
40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69,
70 to 74, 75 to 79, 80+.

COURSE: The 5k course (3.1 miles) starts and ends in Como Park.

POST RACE PARTY: The party will feature the awards ceremony, door prizes,
Chinese auction, live music by "Joe and the Shmoes" and plenty
of food & refreshments. Those not participating can join the
party for \$5.

FINISH LINE: By W.N.Y. Finish Line Services



Please detach and return registration form 

In consideration of your accepting this entry, I for myself, my heirs, executors & administrators, do hereby discharge Cameron Compression Systems, the race organizers and any & all sponsors & sanctioners of the race for all injuries and losses suffered by me from competing in or attending this said event. (CHECKS PAYABLE TO "ROW FAMILY TRUST") **NO REFUNDS**

LAST NAME	FIRST NAME	MI

NUMBER AND STREET	STATE/PROV.	ZIP/POST CODE

TOWN/CITY	STATE/PROV.	ZIP/POST CODE	RACE USE ONLY			

SEX	AGE (DAY OF)	KIDS 1 MILE FUN RUN	CHECKERS MEMBER						

SHIRT SIZE			
S	M	LG	XL
RACE USE ONLY			
BIB			

Phone Number

E-Mail Address

Signature

Parent Signature (if under 18)