

COME FOR THE RUN, STAY FOR THE FUN

St. Christopher Summerfest 5K Race / 1 mile Fun Walk

DATE: Saturday – July 31st, 2010

TIME: 5K start 6:30 PM / Fun Walk immediately following

LOCATION: St. Christopher Church, 2660 Niagara Falls Blvd.
Tonawanda, NY 14150

COST: 5K - \$20 preregistration, \$25 after July 28
Fun Walk - \$12 walker / \$40 family of 4 or more

** Registration is non-refundable & closes Saturday July 31, 5:30 PM*

No strollers, pets, wagons, roller blades allowed on 5K course.
Children MUST be accompanied by adult.

5K AWARDS: Overall Men's and Women's Winner - **\$50 Fleet Feet gift certificate**
Top 3 Finisher Medals in Men's and Women's Age Groups
14 under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

PACKET PICK-UP: All packets can be picked up at St. Christopher Summerfest 5K tent
Friday 6-9 PM or Saturday 12-5 PM

5K COURSE INFORMATION: Water stops & post race refreshments
Timing by WNY Finish Line Services
Event is sanctioned by USATF #10-04-052
5K Course certified to be accurate by the USATF #NY09033JG
Course map online at <http://www.usatf.org>



**RIDE
SPECIALS
FOR KIDS
— AND —
LIVE
MUSIC
FOLLOWING
THE RACE
TECH T
FOR THE FIRST
150 REGISTRANTS**

FIRST 150 REGISTRANTS WILL RECEIVE A TECH-T RACE SHIRT!

LAST NAME	FIRST NAME	AGE ON RACE DAY	GENDER						
ADDRESS		CITY/STATE	ZIP						
PHONE	EMAIL	SHIRT SIZE <i>Children</i>	<table border="1"><tr><td>M</td><td>Adult</td><td>S</td><td>M</td><td>L</td><td>XL</td></tr></table>	M	Adult	S	M	L	XL
M	Adult	S	M	L	XL				

5K Participant

\$20 preregister / \$25 after 7/28

1 mile Fun Walk Participant

\$12 individual / \$40 family

Member of St. Christopher Parish

In consideration of your accepting my entry and permitting me to attend or participate in the St. Christopher Summerfest 5K Race or 1 mile Fun Walk, I intend to legally bind myself, my heirs, executors and administrators and waive and release any and all rights and claims for damages I may now or in the future have against St. Christopher Parish, race committee, USATF, sponsors, agents, members or assignees for any losses and/or injuries suffered from competing in or attending the race. I verify that I am physically fit and have trained sufficiently for this race.

SIGNATURE (Parent or Guardian if under 18)

DATE

Return registration forms (one per each participant) with check payable to **St. Christopher 5K Race / Walk to:**
St. Christopher Summerfest 5K, 3880 Stone Ridge Road, Wheatfield, NY 14120 ATTN: Alan Jaenecke