



3rd Annual

PR on our fast, flat and scenic course!

Run In The Country

5k Run/Walk & Kids' Fun Run

A part of the
Fabulous 5K
Race Series

All Proceeds Benefit



— BUFFALO NIAGARA —
HERITAGE VILLAGE

LEARN IT. LIVE IT. LOVE IT.

and



Date & Time:	Saturday September 27, 2014 9:00 am 5k Run Chip timing 10:00 am Kids' Fun Run on Grounds
Location:	Buffalo Niagara Heritage Village 3755 Tonawanda Creek Rd Amherst NY 14228
Entry Fee:	\$22 (\$25 Day of Race) \$5 Kids' Fun Run; Over 80 Free, Checkers/Striders Members \$20 Checks payable to: Buffalo Niagara Heritage Village
Shirts:	Long Sleeve Tees to first 200 prepaid registrants
Awards:	Top three female & male in 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, 80-84 and 85 plus
Pre-Race Packet:	Friday Sept. 26 4pm - 7pm Race Day 7:45am - 8:45am
Post Race Celebration:	Immediately following the race at BNHV Music, Food, Beer, Water \$5 for non-participants
Race Director	Sharon Daniels 716-860-0524
Contact Info:	sharoncoadydaniels@gmail.com

Please make checks payable to Buffalo Niagara Heritage Village and send to
Buffalo Niagara Heritage Village Attention 5K Race 3755 Tonawanda Creek Rd. Amherst NY 14228

First Name: _____ Last Name: _____ MI.: _____
 Address: _____
 City: _____ State/Prov.: _____ Zip: _____
 Day Phone: _____ Cell Phone: _____
 Email: _____
 DOB: _____ Age (day of race): _____ Tee Size: S M L XL XXL Circle: RUN WALK Male Female
 Signature _____
 Parent Signature if under 18: _____

In consideration of your accepting this entry, I for myself, my heirs, executors & administrators, do hereby discharge Buffalo Niagara Heritage Village, Adoption STAR, the race organizers, and any & all sponsors of the race for all injuries and losses suffered by me from competing in or attending this event. No pets or strollers allowed on the race course for the safety of our runners. NO REFUNDS.