

The DOMINATOR

Sunday, November 5th

Delaware Park Rose Garden, Buffalo NY

A cross country/steeple chase inspired running race held on a closed off course utilized by cyclists during Cross in the Park Cyclocross Races(later in the day). The course consists of a completely enclosed taped off route between trees, off camber sections, hardpack gravel pathways, grass, two short barriers and dirt) that varies from roughly 10-20' wide for the entire course. All entrants are required to stay between the tape which may include many creative twists & turns. Runners start & finish at the stone arch near the Rose Garden in Delaware Park and compete in a single or double lap showdown for age group awards top 3 in each (U19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). 11:30am start for the 4-miler two-lap race, one minute later the 2-mile, one-lap race begins. Walkers are welcome on the short course. A time limit of 50-minutes is enforced for the 2-lap race to ensure the daily schedule of cycling races keeps true. Race-day registration is welcome and opens at

10:00am at race-site. This is a No frills race. Rain or shine. BYOB.

Bicycle races utilize the course before & after the Dominator Run.

Runners are not permitted on the course during these times or you will be disqualified.

Full info & on-line registration at www.heartrateup.com

Dominator Delaware Park 11/5/17 \$15

2-Mile Dominator (1-lap) 4-Mile Dominator (2-laps)

LAST NAME

FIRST

MI.

STREET ADDRESS

CITY

STATE

ZIP

AGE

SEX

PHONE #

E-MAIL ADDRESS

EMERGENCY CONTACT

EMERGENCY CONTACT PHONE #

In consideration of your accepting this entry and permitting me to attend, volunteer or participate herein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against the Race Director(s), Endurance America, land owners, Parks, sponsors, volunteers, agents, members, other competitors or assigns, for any and all losses and injuries in association with this event.

Participant's Signature: _____ Date: _____

Parent/Guardian: I verify that I am the parent or guardian of the minor, and I have the authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions states above.

Parent/Guardian Signature: _____ Date: _____

MAIL COMPLETED ENTRY FORMS WITH PAYMENT TO:
ENDURANCE AMERICA PO BOX 100 BOSTON, NY 14025 Checks payable to Endurance America