

FREEZER 5K RUN

Sunday, December 9th 2018 11:00am start Buffalo, NY



A Buffalo tradition!

The Freezer 5K features a USA Track & Field certified 5K course around Buffalo's Cobblestone District. Entrants are greeted to a fast, flat course during this festive time of year. Registration and post-race festivities at Buffalo Iron Works 49 Illinois St. Buffalo, NY 14203 from 9am on race-day. Race starts at 11am. Awards to top three in 5-year age groups U14-80+. On-line registration, full race details & course map available at www.heartrateup.com. Helping support the Buffalo Police Athletic League and its inner-city youth sports programs. T-shirts to all registered by 12/3. Holiday attire encouraged. Post-race awards ceremony, lunch and door prizes at Buffalo Iron Works.

Prohibited on course: Bicycles, strollers, pets.



Freezer 5K Sunday, December 9th 2018 \$25 (Pre-entry deadline: 12/3 \$30 after)

5K Run 5K Walk T-shirt Size XS-XL

LAST NAME _____ FIRST _____ MI. _____

STREET ADDRESS _____ CITY _____ STATE _____

ZIP _____ AGE _____ SEX _____ PHONE # _____ E-MAIL ADDRESS _____

EMERGENCY CONTACT _____ EMERGENCY CONTACT PHONE # _____

Participant's Signature: _____ Date: _____

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

Parent/Guardian Signature: _____ Date: _____

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 Endurance America LLC, Music X-press, Race Director(s), sponsors, the Town, Erie County, USATF and the City of Buffalo for any and all losses and injuries in association with this event.

Mail to: Endurance America PO Box 100 Boston, NY 14025
Checks payable to Endurance America LLC