

# FREEZER 5K

## Run



**SUNDAY, DECEMBER 14<sup>TH</sup> 11AM START**  
**BUFFALO IRON WORKS 49 ILLINOIS ST. BUFFALO, NY 14210**

It's a Buffalo tradition! Fast 5K Run & 1-Mile Fun Walk starting & finishing in the Buffalo Cobblestone District on Perry St. near Mississippi. Course takes runners around Buffalo's Cobblestone District (course will NOT consist of cobblestone sections) and Buffalo's waterfront area. Snow, Ice or Shine. Buffalo style race party featuring terrific holiday cheer, great friends, great food and holiday fun! On-line registration at [www.runreg.com](http://www.runreg.com). Race-day registration/# pickup/Party from 9:00 am at Buffalo Iron Works 49 Illinois St. Buffalo, NY 14210 (near FN Arena, corner Perry). Long sleeve race t-shirts to first 350 (register early)! Race-day registration welcome, toasty warm post-race party including hot food, DJ entertainment, refreshments, door prizes and awards ceremony. Awards to overall & Masters M/F plus 3-deep in 5-year age brackets M/F. Bring Canned or Boxed food donation for our Friends of the Night People bin and get free raffle tickets for our post race party door prize pool! FREEZER POP Kids Race free for all kids at 10:45am.

*Proceeds of the Freezer 5K Run help support the Buffalo Police Athletic League supporting city youth sports programs.*

**Complete & continuously updated Freezer 5K information at [www.heartrateup.com](http://www.heartrateup.com)**

2014 Freezer 5K Run Sunday, December 14<sup>th</sup> \$25 by 12/9, \$30 after.

5K Freezer Run     1-Mile Freezer Walk

LAST NAME

FIRST

MI.

STREET

CITY

STATE

ZIP

E-MAIL ADDRESS

PHONE #

MALE     FEMALE     AGE ON RACE DAY    SHIRT SIZE :  XS  SM  MED  LG  XL  XXL

T-shirts to first 350 and as they last on race-day

### Waiver and Release

I understand that walking or running in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely compete. I assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizer(s), Venue, Volunteers, Officials, USATF National Association, City of Buffalo, all sponsors, contractors, vendors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, event though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent must sign if an entrant is under 18 years of age. This is to certify that my child had permission to compete in the events, are in good physical condition, and the event officials may authorize necessary medical treatment. I understand that strollers, bicycles, skateboards, roller blades and animals are not allowed in the race due to safety reasons, and I will abide by this guideline. By signing below I agree to these terms.

Signature

Date:

(If under 18, signature of parent/guardian is *required*)

Date



**To Enter:** Mail entry forms/payment to  
Endurance America: PO Box 100 Boston, NY 14025  
Or enter on-line at Active.com via [www.heartrateup.com](http://www.heartrateup.com)

