USAT&F Course Certification #NY05014AM

A portion of the proceeds to benefit:	**St. John the Baptist Outreach Center Lockport NY, 14094**

FRIDAY – June 12, 2009 – Beginning in FRONT of Saint Joseph's Oratory – 391 Market Street, Lockport NY 14094

Friday June 12, 2009 5K RUN
starts at **6:30 PM**

5K WALK & 1 MILE FUN RUN starts at **6:00 PM**

START & FINISH SITE:
Saint Joseph's Oratory
391 Market St, Lockport, NY 14094

COURSE DESCRIPTION
Slightly hilly, last mile along the **ERIE BARGE CANAL**. Course water stations and splits called Each Mile.

CHAMPION CHIP scoring by SCORE THIS!!! (www.Score-This.com)

$30 FEE for unreturned CHIPS

REGISTER By Completing the Attached **ENTRY FORM** – OR by downloading

From **www.AllSaintsGodSpeed.com**

Age Groups/AWARDS
14 And under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 and OVER

FOR SAFETY – Please NO Roller Blades, skates, bicycles, skateboards or pets ALLOWED on 5K course.

SPONSORS

LOCKPORT JOURNAL

CUSTOM TEE

KENYON'S VARIETY

EASTERN NIAGARA RADIOLOGY

HERITAGE MANOR

RoadID.com

AWARDS: (No Duplicate WINNERS)
- 1ST Place Overall Male & Female
- 1st, 2nd, 3rd Male & Female/Group
- RIBBONS – all 1 Mile FUN Runners

T-shirts for ALL Runners & Walkers BY Custom Tee

REFRESHMENTS – Following 5K Race

ENTERTAINMENT By: **Steve Petix**
Sudden Urge: www.SuddenUrge.net

ENTRY FEES:

5K Walk OR Run
$20 Pre-Registration
$25 Race Day (June 12, 2009)

ONE (1) Mile FUN RUN
$10 Pre-Registration
$15 FUN Run day (June 12, 2009)

NON - RUNNERS
$7.00 for POST RACE PARTY

RACE INFORMATION:
Stephen Adorian – Race Coordinator
c/o All Saints God Speed
P.O. BOX 157
Lockport, NY 14095-0157
(716) 434-9199
Email: Cybersolutions05@aol.com
WEB: www.AllSaintsGodSpeed.com

Please Detach and Send
To: All Saints God Speed, P O Box 157, Lockport NY 14095-0157

GOD SPEED
Friday June 12th - 2009

Entry fees

_____$20 pre-registered

_____$25 Walk or Run Day

_____$10 FUN Run

_____$15 FUN Run Day

_____$7 Post Race Party (if only coming for Party)

_____**Total Enclosed**

LAST NAME | FIRST NAME | M.I.

NUMBER AND STREET

TOWN/CITY | STATE/PROV | ZIP/POSTCODE

SEX | AGE | Walk | Run | FUN Run | Race Party | T-SHIRT SIZE (M, L, XL, & XXL)

RACE USE ONLY

Checks payable to: All Saints God Speed - Mail to: P O BOX 157 - Lockport NY 14095-0157

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, waive, release and forever discharge any and all rights claims for damage which hereafter occur to me against the All Saints Church, the Town and City of Lockport, Score This!!!, Inc., the county of Niagara, officers, games directors or agents, representatives, successors, and or assigns, in connection with my association with or entry in or returning from said meets.

_____ Signature

_____ Phone ( ) _____
Parent/Guardian if under 18