



# 3rd Annual January Jog 5K Race and Fun Run

All proceeds will benefit Buffalo Children's Hospital to support the "Dreams from the Heart Camp"

**Date:** Saturday, January 10, 2009

**Time:** 5K start, 10:30 a.m.,  
Fun Run start, 10:00 a.m.

**Location:** Barker Fire Hall  
1660 Quaker Road, Barker

**Registration:** \$15 for 5K before January 3rd, \$17 day of race  
\$5 for Fun Run (1 mile)  
Fun runners will receive a ribbon  
5K pre registered runners will receive a T-shirt

**Day of Race Registration:** 9:00 a.m. -- 10:00 a.m.

**Awards:** Trophy to first place overall male and female  
Medal for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place in 5 year age groups  
starting with 14 and under up to 70+

Post Race Party at the Barker Fire Hall  
For more information, contact Sara Budde, Race Director at 716-998-8602

Mail registrations to: Sara Budde  
7480 Hoffman Road, Appleton, NY 14008

Make checks payable to: January Jog 5K

FIRST NAME										LAST NAME									
NUMBER AND STREET																			
TOWN/CITY										STATE/PROV		ZIP/POST CODE							
SEX	AGE (day of race)		5K	FUN RUN	BARKER ALUMNI	T-SHIRT SIZE (S,M,L,XL)													

In consideration of your accepting my entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights & claims for damages which I may have against Barker Fire Hall, the Town of Somerset, the county of Niagara, and their sponsors for any injury or damages which may be sustained as a result of my participation in this event or arising out of traveling to or from this event. I certify that I am in good health and able to participate in this event.

Signature

Parent/Guardian Signature if under 18