

2009 shoes FOR THE shelter

5K RUN/WALK

March 29, 2009 • 12 noon
A Buffalo News "Runner of the Year" Event



Registration/Pick-Up: Canisius College Patrick Lee Center, adjacent to Koessler Athletic Center, corner of Main and Delavan, parking and locker rooms available. Race packets may be picked up 3/27 (3-6 p.m.) and 3/28 (12-4 p.m.) and after 9:00 a.m. on day of race. Bibs and ChampionChip timing chips available only on race day.

Course/Distance: Forest Lawn Cemetery, located at corner of Main and Delavan; 5 Kilometers (USATF Certified NY-08001JG)

ChampionChip: Race will be scored using a ChampionChip timing system. All chips are to be worn on the participant's shoes. Chips must be returned immediately upon conclusion of race. Canisius College will charge \$30.00 for any unreturned chip.

Awards: First Place Male and Female Overall; Top Three Finishers (M&F) in all age categories. Additional awards for Independent Health employees and Canisius College employees, students and alumni.

Race Start Time: 12:00 p.m.

Age Categories (M&F): 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ (Over 80, 85 and 90 age groups will be added if there are sufficient entries)

Race Day Itinerary:

9:00 - 11:30 a.m.	Registration
10:30 - 11:00 a.m.	Runner's Mass at Patrick Lee Center
11:00 - 11:30 a.m.	Runner's Stretch at Patrick Lee Center
11:30 a.m.	Start of One Mile Fun Walk
12:00 p.m.	Start of 5K Race
12:30 - 2:00 p.m.	Post-Race Party at Patrick Lee Center



Complimentary New Era Racing Cap to the first 450 registered participants!

Entry Fee:

Adults:	Pre-registration: \$18.00	Day of Race: \$20.00
Canisius College Faculty/Staff:	Pre-registration: \$15.00	Day of Race: \$20.00
Canisius College Students:	Pre-registration: \$12.00	Day of Race: \$15.00
Independent Health Employees:	Pre-registration: \$12.00	Day of Race: \$15.00
Children (14 and under):	Pre-registration: \$12.00	Day of Race: \$15.00

Make checks payable to:
 "Canisius College"
 Blue and Gold Club"

Online Registration: Visit the official Web site of Canisius College Athletics ~ GoGriffs.com

Register by Mail: Mail check and completed entry form to:
 John Maddock, Associate Athletic Director,
 Canisius College,
 2001 Main Street,
 Buffalo, NY 14208

Turn in a pair of sneakers/shoes for the St. Vincent de Paul shelter on race day (optional) – 8,056 pairs of shoes collected since 2001

2008 Champions: Men – Chris Mulduun (15:27); Women – Aileen Hoak (18:48)

Entry Form:

Last Name

First Name

Age **Sex** **Birth Date (mm/dd/yy)** **1 Mile Walk** **5K Run**
 (must select one)

Address

City **State/Prov.** **Zip/Postal Code**

Phone **E-mail** _____



Check only ONE of the following affiliations:

Canisius College Student **Canisius Faculty/Admin/Staff** **Canisius Alumni Yr. _____** **Independent Health Employee** **No Affiliation**

Release: I know that running a road race is a potentially hazardous activity. I agree I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive, and release Canisius College, the Athletic Department, Forest Lawn Cemetery, Independent Health, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____
 (Parent Signature if under 18)

Shoes for the Shelter 5-K Run / Walk

DISTANCE: 5-K

RACE DIRECTOR: John Maddock

MEASURED: Jan. 9, 2008

BY: Bob Laskowski

- Erie Basin Marina 1000 feet calibrated course used.
- Runners have access to the entire road
- All reference points marked with 2" PK (Parker-Kalon) nail.

Start: On road 71'-6" south of bridge concrete rail and 18'-11" north of flagpole.

1 Mile: On road in-line with Samuel F. Pratt monument with arch.

2 Mile: On road in-line with Griffin Monument.

3 Mile: On road near G.A.R. Monument.

Finish: Directly in center of concrete arch of Main Street Entrance to Forest Lawn Cemetery.

