

Saturday
April 24
2010

2625
Delaware
Buffalo, NY

Start Time: 10:00 AM

Entry Fees:
to 4/17/10 \$18
from 4/18/10 to 4/23/09 \$21
Day of Race \$24

Age Groups and Awards:

Medals will be awarded to the top 3 places in each of the following age groups:
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over.

\$250 will be awarded to the overall Male and Female finisher

Race Day Registration: At Fitness360 from 7:00am to 9:30am.

Packet Pick-up: At Fitness360 from 10 am to 7pm on 04/22/10 & 04/23/09.
Race day pick-up from 7:30am to 9:30am.

Post race party at Fitness360:

The weather will determine if it will be held inside or outside. We will have beer, food, live music, and a Chinese auction to benefit JDRF. We will also announce the winners of Buffalo's Biggest Loser "Season 6" and The Center of Hospice and Palliative Care Body Transformation Challenge.

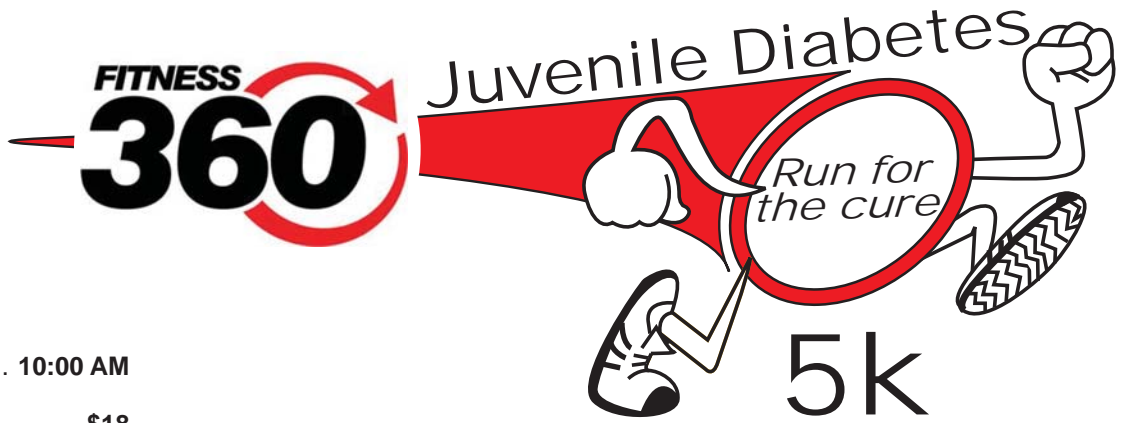
Course:

The race will begin on the corner of Delaware Ave. and Avery St. in front of Fitness360. It will proceed South on Delaware to Amherst St., Left on Amherst to Nottingham, Right on Nottingham towards Delaware Park. Proceed back to Delaware where we'll be making a right North headed back to the finish line at Fitness360.

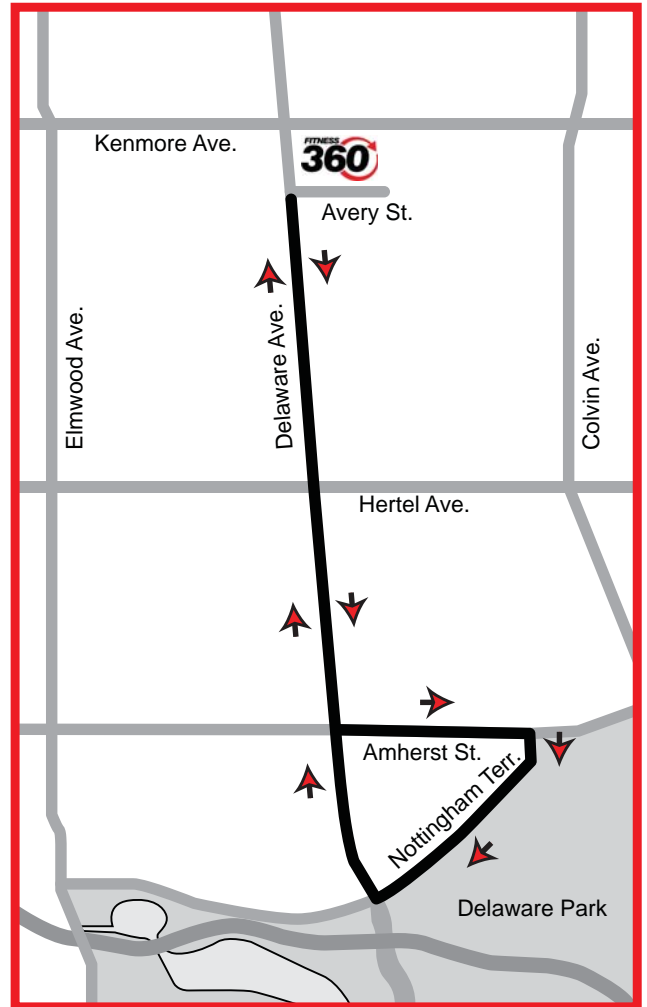
Course Record:

Mens: Anthony Gitau 16:06
Womens: Allison Carr 18:18

Timing and Results will be done by Score-This.



In association with:



In consideration for the acceptance of this application for entry to the Fitness 360 5k Race, I hereby acknowledge that Fitness 360, their employees, officers, directors, shareholders, agents, representatives, volunteers & sponsors cannot assure my safety during participation in the event. I recognize that participation in the event exposes me to risks including but not limited to running related injury, traffic & the detrimental effects of heat & pollution. Applicant acknowledges that his/her participation in the event is entirely voluntary & hereby assumes all responsibility for personal injury. Applicant further represents & warrants to the best of his or her knowledge that Applicant is in good health & physical condition & is able to engage in the event without any health or physical concern to his or her well being.

I, therefore, for myself, my heirs, executors, administrators, successors & assigns, HEREBY RELEASE, WAIVE & FOREVER DISCHARGE & SAVE HARMLESS THE "RELEASED PARTIES" (DEFINED TO INCLUDE: FITNESS 360 AGENTS, REPRESENTATIVES, VOLUNTEERS & SPONSORS), jointly & severally, from any & all claims, losses, damages, demands, costs, causes of action or liability of any kind, whether in law or in equity, for injury or death, or loss or damage to property, from whatever source, of whatever nature, resulting or arising from my attendance at or participation in the event, whether as a spectator, participant or otherwise & whether or not as a consequence of my following any program of diet &/or exercise on the recommendations of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation AND NOTWITHSTANDING THAT ANY SUCH CLAIM MAY HAVE BEEN CONTRIBUTED TO OR OCCASIONED BY THE NEGLIGENCE OF THE AFORESAID.

The undersigned has read this release & waiver & understands all of its terms & executes it voluntarily & with full knowledge of its significance.

Racers, use Bib#

Last Name _____ First Name _____ MI _____

Sex ___ Date of Birth (month/day/yr) _____ Age (on race day) _____ Address _____

Tel. No. _____ City _____ State _____ Zip Code _____

Fax No. _____ E-Mail _____

Enclosed is my check in the amount of \$ _____ I wish to pay by VISA MASTERCARD

Card No. _____ Expiration Date _____ Signature _____

Participant's or if under 18, Guardian's Signature _____

Mail completed application and race fee to Fitness 360 5k, 2625 Delaware Ave, Buffalo NY 14216