

Registration Form

Mail completed application and race fee to Fleet Feet 15K - 2290 Delaware Ave., Suite 400, Buffalo, NY 14216

In consideration for the acceptance of this application for entry to Fleet Feet 15K (Run Into Buffalo), an RRCA sanctioned event, I hereby acknowledge that Fleet Feet Sports, Fleet Feet Sports of Buffalo, 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: FLEET FEET 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 advisors; 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.

Bib#

Last Name: _____ First Name: _____
Sex: _____ Date of Birth (m/d/y): _____ Age (on race day): _____ Address: _____
Email: _____ City: _____ State: _____ Zip Code: _____
Phone Number: _____ Shirt Size: **S M L XL** USATF Niagara Association Member? **Yes / No**
Payment Type: _____ Visa _____ Mastercard _____ Check in the amount of: \$ _____
Card No. _____ Expiration Date: _____ Signature: _____
Signature (parent or guardian if under 18) _____

Race Details:

Entry Fees: til 8/22/11 \$30;
from 8/23/11 - 9/4/11 \$40;
Day of Race: \$50
Enter online at: www.active.com
Early entry incentives: Postmarked or entered on active.com by 8/22 & be entered in a drawing for 1 of 4 \$25 Fleet Feet Sports giftcards.
Race Premium: High quality long sleeve Brooks Podium shirt to the first 600 registrants & a pair of Feetures socks.
Packet Pick-up & Day of Registration
9/2 (10am-8pm) 9/3 (10am-6pm) & 9/4 (12pm-5pm) at Fleet Feet Sports Buffalo, 2290 Delaware Ave.
Day of race pickup (6am-7:30am)
Post Race Party
Erie Canal Harbour at Canal Side - good food, drink, and music. All with a beautiful view of the waterfront and downtown! Award ceremony will begin after the course time limit expires - at 11AM.



Official Host Hotel:

Adam's Mark, 120 Church Street, Rate: \$109, adamsmark.com Ask for USA Masters 15K Championship group rate.

Awards:

Open:
1st overall male & female **\$750** (each)
2nd overall male & female **\$350** (each)
3rd overall male & female **\$150** (each)
Age Groups:
1st through 3rd place will be awarded in all five year age groups up to 80+

USA Masters Championship Overall
1st overall male & female **\$500** (each)
2nd overall male & female **\$300** (each)
3rd overall male & female **\$100** (each)

USA Age Graded Masters Championship
1st male & female **\$750** (each)
2nd male & female **\$500** (each)
3rd male & female **\$400** (each)
4th male & female **\$300** (each)
5th male & female **\$200** (each)
6th-10th male & female **\$100** (each)

USA Masters 15K Team Competition in Men's & Women's Divisions 40+ through 70+. **All individuals and teams entering the USA Masters Championship must enter online at www.usatf.org**

This event serves as the USATF Niagara Open & Masters 15 km Championships Open:
1st overall male & female \$250 each;
2nd overall male & female \$125 each;
3rd overall male & female \$50 each.
Time performance bonus of \$200 for open men under 46:30 & open women under 52:30.
Masters: 1st overall male & female \$100 each.
\$200 Masters bonus for age graded performance over 89%.

To be eligible Niagara Championship Awards must be a current 2011 USATF Niagara Association Member - To become a USATF Member visit: www.USATF-Niagara.org.

Age Groups:
1st through 3rd place will be awarded **USATF Commemorative Medals** in all five year age groups up to 80+

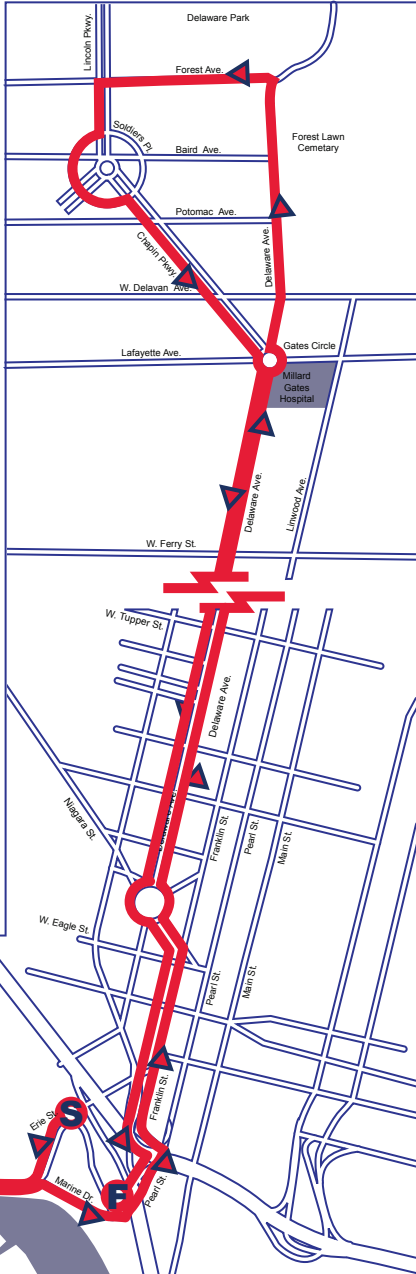
The Course

Course: Start on Erie Blvd (near Lakefront Blvd.) Go west into the Erie Basin Marina. Complete one loop of the marina and exit going east on Erie Blvd. Bear right on Marine Drive. Go left on Pearl St. Bear left on Franklin to Niagara St. Go left to Niagara Sq. Right on Lincoln around Soldiers Circle. Right on Pearl to Finish line.

Course Time Limit:
2 hours 30 minutes

Timing by:
Leone Timing

Mile markers every mile



A Special Thanks to Our Sponsors!



Monday
September 5th, 2011
Start Time: 8:00 AM



2011 USA Masters 15K
Championship

2011 Buffalo News
Runner of the Year Race

Race proceeds are used to purchase new training shoes for high school athletes across WNY. Run the race and help a young athlete achieve their running dreams.

This event is Sanctioned by USATF

