TIM FRANK MEMORIAL CANAL FEST 4 MILER

in celebration of the 28th Annual Canal Fest

To Benefit the Boys & Girls Club of the Northowns of WNY

crazy jake's www.crazy-jakes.com

THURSDAY JULY 22ND, 2010
7:00 PM
"24TH ANNUAL RACE"

Garrett Leather

Registration / Pick-Up: Elks Lodge 860, 12 Main St. North Tonawanda, NY 14120 (Located at Main and Sweeney Streets).

Race packets may be picked up on July 21st, 3:00pm - 8:00pm. Race day registration is 4:30 pm - 6:30 pm at the Elks Lodge.

Race Course: **The race site starts and finishes at the foot of the Delaware Street Bridge at E. Niagara Street in Tonawanda. The 4 mile-course runs along the shores of the Erie Barge Canal (USATF Certified).**

NEW!
Chip-Timed Race Start and Finish by **Score This!!!**

Tonawanda Course Record | Male – 1989 – Bob Williams – 19:49
Tonawanda Course Record | Female – 1991 – Lisa Warneke – 23:41

BOYS & GIRLS CLUBS OF THE NORTHTOWNS OF WNY

Awards: 1st Place Male and Female Overall
1st, 2nd, 3rd Place Male and Female in the following age groups:

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 & over

PETRI

Race Day Itinerary:

4:30pm – 6:30pm	Registration and Race Packet Pick-Up
7:00pm	Ceremonies and Race Start
8:00pm	Post Race Party at the **Elks Lodge** (Non-runners 12-20 years of age - $5 charge; 21 and above -$8 charge)
8:30pm	Awards Ceremony at the **Elks Lodge** (food, beverages, music, raffle and awards)

Entry Fee:
US Funds only

Adults (15 & over):	$22.00 Pre-registration	$24.00 Day of Race
Children (10 & under):	$9.00 Pre-registration	$11.00 Day of Race
Children (11 to 14):	$14.00 Pre-registration	$16..00 Day of Race

Questions: Call Jeffrey Hardy @ (716) 510-3971. Jeff14Hardy@aol.com

On-Line Registration: WWW.SCORE-THIS.COM also check out WWW.CANALFEST.ORG
(RESULTS)

- T-SHIRTS TO THE FIRST 400 PARTICIPANTS

Make checks payable to: Score This!!!, Inc. **US Funds only**

Mail to: Score This!!!
Attn: Canal Fest 4 Miler
15 Ranch Trail Ct.
Orchard Park, NY 14127

ENTRY FORM Email_____

LAST NAME | FIRST NAME | MI

NUMBER & STREET | PSN/BIB

TOWN/CITY | STATE/PROV | ZIP/POST CODE

SEX | AGE

PHONE NUMBER

T-shirt Size (circle one) S M L XL XXL-add $1.00

I am donating the following additional amount to benefit the Boys and Girls Clubs

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Waiver: In consideration of my acceptance and registration, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages against the cities of the Tonawandas, Canal Fest, Boys & Girls Club of the Tonawandas its agents, successors and assignors for all injuries suffered by me at said race. I declare myself physically fit for this race.

Date Signature of Runner

Date Signature (parent or guardian if under 18 years old on 7/22/10