



Monday  
September 3  
2007

Niagara  
Square  
Buffalo, NY

**Start Time:** 9:00 AM

**Entry Fees:** to 8/25/07 \$30; from 8/26/07 to 9/2/07 \$40; Day of Race \$50

**Enter online at:** Active.com

**Race Premium:** Brooks long sleeve Podium Shirt, retail value \$24.00. Shirt size guaranteed if registered by 8/11; after 8/11 you will receive sizes based on availability at the race expo.

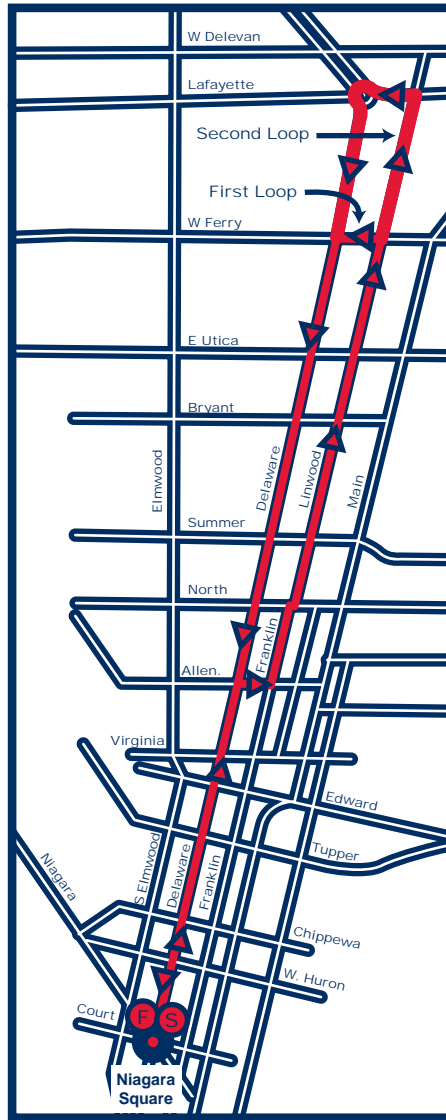
**Awards:** 1st overall male and female: \$1000.00, 2nd overall male and female: \$500.00, 3rd overall male and female: \$250.00, 1st overall male and female masters: \$250.00.

**Age Groups:** 1st place finishers in each of the following age groups will receive \$50.00 gift cards to Fleet Feet Sports along with a commemorative trophy. 2nd and 3rd place finishers in the following age groups will receive a commemorative trophy: 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.

**Packet pickup & race registration:** At expo 9/1, 9/2 10AM - 6 PM; Day of race at Niagara Square 7:00 - 8:30 AM.

**Kaleida Health Wellness Expo:** 9/1, 9/2 10AM - 6PM - Niagara Square. The Expo will feature Fleet Feet Sports, Handlebars Bike Shop, Buffalo Public Schools Foundation; Kaleida Health and much more.

**Post race party:** In the square immediately following race – visit our Buffalo culinary row, massage therapists, chiropractor.



**Course:** The race will begin on Delaware Ave, near Niagara Square, the certified 15K course will proceed North on Delaware to Allen St., East on Allen to Franklin, north on Franklin (changes to Linwood after crossing North) to West Ferry, West on West Ferry to Delaware, South on Delaware to Niagara Square, around the square then North on Delaware to Allen, East on Allen to Franklin, North on Franklin (changes to Linwood after crossing North), to Lafayette, West on Lafayette to Gates Circle, around the circle and South on Delaware, finishing in Niagara Square.

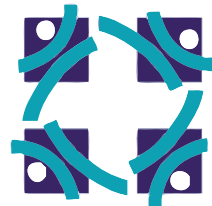
**Course time limit:** 2 hours 30 minutes

**Timing:** Score This-Champion Chip

**Mile Markers:** Every mile, digital race clocks every 5K.

**Water and an energy drink** will be available at every 5K.

In association with:



**KALEIDA**  
H E A L T H

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 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

Shirt Size (If registering by 8/11)  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 Fleet Feet 15K 892 Elmwood Ave, Buffalo NY 14222