

Saturday July 9th

In conjunction with:
**TUSCARORA
NATION 166th**

**Picnic & Field Day
July 8th & 9th**

Corner of Walmore
Road & Mt. Hope Road,
in the heart of the
Tuscarora Nation

SCHEDULE:

7:30am-8:50am

Registration Tuscarora
School

**8:55am Walmore Rd
between Mt. Hope &
Upper Mtn. will be
CLOSED!**

8:55am Runners at
starting line (walkers
lineup behind runners)

8:56 Words by Race
Committee

8:59 Prayer by
"Just" Jed Printup

9:00am Start of 10K &
2.5 Mile

**9:05am Walmore Rd
between Mt. Hope &
Finish Line (Grove)
will be CLOSED!**

Awards presented 10
minutes after last racer
finishes

Showers available at
Tuscarora School until
12:00pm

All Racers are invited to
take part in the Parade

**NO DRUGS or
ALCOHOL Permitted
on Grounds!!!**

TUSCARORA 31st Annual 10K Run & 2.5 Run/Walk

AMBULANCE:

Lewiston #2 Fire
Department

TIMING BY:

WNY Finish Line
Services

WATER STATIONS:

10K RUN:

1. Near 2 Mile
2. Corner Upper Mtn &
Garlow
3. 4 Mile Mark
4. Mt. Hope & Garlow
5. Near 5 Mile
6. Near 5.5 Mile

2.5 Mile Run:

1. Corner of Susies
Lane & Upper Mtn.

AT FINISH LINE:

Yogurt; Cereal Bars;
Fruit; and H2O

10K AWARDS:

- Overall Female & Male
- Oldest & Youngest
Runner
- Age Groups F/M:
14&Under; 15-19; 20-
24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-
59; 60-64; and 65&Up
"Top 3 places in each age group"

2.5 MILE AWARDS:

Female 1st, 2nd, & 3rd
Male 1st, 2nd, & 3rd

CONTACTS:

Kris Brayley
716/628-2286

or

Dale Henry
drhtus@yahoo.com

ENTRY FEE:

Early Registration MUST be Postmarked by Friday,
June 17th. **\$15** for 10K Run & 2.5 Mile Run/Walk

~Early Registration will guarantee T-shirt size~

Registration Postmarked AFTER June 18th & after
will be **\$18**.

Please make check payable to: **Dale Henry**

Mail to: 1716 Mt. Hope Rd.
Lewiston, NY 14092

First Name: _____ Last Name: _____

Address: _____

City: _____ Zip/Postal Code: _____

Phone Number: ___/___-_____

E-mail: _____

Age on July 9th 2011: _____

Running Club: _____

Gender: ___Female ___Male

Event: ___ 10K ___ 2.5 Mile

T-Shirt Size: ___S ___M ___L ___XL ___XXL

___XXXL

Registrant Waiver:

All participants, regardless of age, must complete the waiver below and the registration form above.

Upon my registration and participation in the Tuscarora 10K Run & 2.5 Mile Run/Walk, I waive and release myself, my heirs, executors, and administrators from any claims for damages, including negligence, against Tuscarora Race Committee, Tuscarora Nation, Tuscarora School, any sponsors, race organizers, volunteers, officials, and supporters. Furthermore, I do not hold Tuscarora 10K Run & 2.5 Mile Run/Walk or any other affiliates of the Tuscarora 10K Run & 2.5 Mile Run/Walk responsible should I suffer any injuries as a result of my participation in this event, including my travel to and from the location. I certify that I am physically fit and have no medical condition that prevents me from participating in this event.

Signature (parent/guardian if under 18)

Date