

Join us October 13th for the 5th annual 5K race and 2K fun walk!

WHEN: SAT. 10/13/18 9:00 AM

WHERE: St. Mark's Episcopal

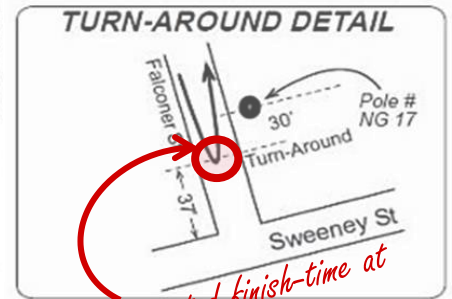
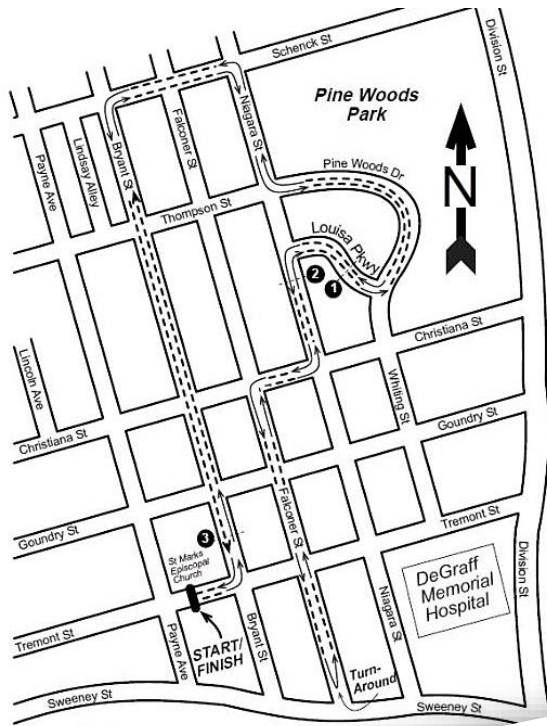
61 Payne Ave, North Tonawanda NY 14120

Fellowship hall open for post-race party with plenty of pizza, snacks, and refreshments including beer and ample indoor restrooms

- Age Group Medals 3-deep in 5-year age-groups through 80+ (0-12, 13-16, 17-24, 25-29, 30-34, 35-39, etc.)
- Trophy to overall male and female finishers
- Prompt result postings by ITS Buffalo Time
- DJ at start/finish line

Proceeds to benefit St. Mark's Episcopal Church, 61 Payne Ave North Tonawanda NY, 14120. www.stmarksnt.net for purposes of in-parish scholarship offerings, community outreach, and parish operating costs.

St. Mark's, Get Set, GO! 5k 2018



Projected finish-time at the turn-around



Talaria are winged sandals associated with the ancient Greek God Hermes. They flew the messenger as swift as any bird.

COURSE RECORDS:

Male 16:28 Nathan Yost 2016
Female 18:21 Jennifer Boerner 2017

Trying to break the course record? Any lowering of the male or female standard will be rewarded – Free-entry for the reigning course-record holder! Going for a PR or season-best? Let us know if you got it, that's good for a reward too!

Flat, fast, out-and-back style course. Mile splits given at 1 mile and 2 miles, with water station and projected finish-time at turn-around

Register online @ www.stmarksnt.net/5k or fill out the Registration Form:

LAST NAME _____ FIRST NAME _____ Middle Initial _____ AGE _____

SEX MALE FEMALE T-SHIRT Size S M L XL

ADDRESS _____ CITY _____ STATE _____ ZIP _____

I am entering: 5K race before 9/7/18 \$20 5K race on/after 9/7/18 \$25 2K walk before 9/7/18 \$15 2K walk on/after 9/7/18 \$20

***All participants 12 and under, as well as members of any WNY running club save \$5 on stated 5K prices**

In consideration of your accepting my entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights & claim for damages which I may have against St. Mark's Episcopal Church North Tonawanda, and all of the Sponsors associated with this race, Volunteers, and ITS Buffalo Time, for any injury or damages which may be sustained as a result of my participation in this event or arising out of traveling to or from this event. I certify that I am in good health & able to participate in this event:

SIGNATURE _____ Parent if under 18 _____



Certified Course
NY15027JJ
Effective: 6/22/2015
Through: 12/31/2025

Please direct any and all questions or concerns to Scott Ferguson. E-mail preferred: scottfer@buffalo.edu cell: 716-909-8834

Mail with check or cash to St. Mark's Episcopal Church, 61 Payne Ave. North Tonawanda NY, 14120 before October 4, 2018