

# Run with the Buffalo 5K & 10K

July 20<sup>th</sup>, 2013

8:00am

**Distance:** 5K Starts at 8:00am  
10K Starts at 9:00am

**Awards:** Top 3 overall male and female  
Top 3 male and female in each age  
group: 11 and under, 12-15, 16-19, 20-29,  
30-39, 40-49, 50-59, 60 and up  
Top military branch 1<sup>st</sup> Place trophy

**Location:** Laurel High School  
2497 Harlansburg Rd.  
New Castle, PA 16101

**Timing:** Services provided by Miles of Smiles

**Registration:** Pre-register by July 10, 2013  
Pre-registration fee of \$15 includes Race T-Shirt  
After July 10<sup>th</sup> Fee is \$20  
Race Day Registration also accepted. Fee is \$20 - T-shirt NOT INCLUDED  
Limited T-Shirts quantities will be available for purchase on Race day  
Special Military registration fee \$5 with Military ID (T-shirt not included)

**Race Day:** Registration & Packet Pick Up: 7:00 – 8:45 am  
**Race Director:** Greg Schmitt : 724-923-8700 For questions

**Race Features:** The course (95% grass) will run through the actual cross country trail and finish on the high school track. ¼" spikes are permitted. Concessions and restrooms will be available.

All proceeds support the Laurel Cross Country Team

*An Equal Rights and Opportunities School District*

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**Release:** By signing this application, I hereby waive, discharge, and release myself from any and all claims, damages, demands and courses of action of any kind, including negligence that I may have against Laurel High School, the volunteers, sponsors, meet director, and organizers of this event, which may arise from my participation in this event. I hereby certify that I am physically fit to participate.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature of guardian (under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Male/Female (circle one)

T – Shirt Size: S M L XL (circle one)

Military Service: Yes  No

Military Branch: \_\_\_\_\_

**Make Check Payable (non-refundable)**

**To:** Laurel Cross Country Boosters

**Mail to:**

Laurel Cross Country Boosters  
C/O Michele McClelland  
2497 Harlansburg Rd.  
New Castle, PA 16101

\_\_\_ \$15 by July 10, 2013

\_\_\_ \$20 after July 10, 2013