



Buffalo Trot



5K Run/Walk

Saturday, May 28, 2011

Bridgewater Municipal Building

Arey Assembly Hall

201 Green Street, Bridgewater, VA 22821

When:

7:30am-8:30am → Race Day Check In/Registration

8:45am → Introductions

9:00am → 5K Run/Walk Race Begins

Mail-In Registration:

Joni S. Lam

Buffalo Trot 5K

62 Rex Road

Harrisonburg, VA 22801

Run/Walk Fee:

\$20 for early registration (thru May 20th)

\$25 for late registration (After May 20th or Race Day)

Register Online:

www.FCCLAbuffalotrot.webs.com

Awards:

Refreshments will be available after the race.

Prizes will be awarded in each of the following categories:

(Adult Male Run, Adult Female Run, Elementary Age Run, Walk)

Event t-shirts will be provided for those registering before May 20th

For More Information:

Joni Lam at 866.405.5248 or

jslam@augusta.k12.va.us

Forms of Payment:

Cash, Money Order, Online

Proceeds:

All proceeds will benefit the Family, Career and Community Leaders of America (FCCLA) organization at Buffalo Gap High School. Funds will be used to allow students to attend the upcoming National Leadership Conference held in Anaheim, California in July.



Buffalo Trot Registration Form

Waiver: I hereby release the town of Bridgewater, Buffalo Gap High School, and FCCLA from all claims for damages arising from any accident or injury, which are caused or arise from the participation in the Buffalo Trot 5K Run/Walk. Furthermore, I grant full permission to use my name, photography, or recording for promotional purposes. I understand that if the Run/Walk is canceled due to circumstances beyond control, my entry fee will not be refunded.

Signature

(Parent/Guardian's signature if participant is less than 18 years old)

Last Name

First Name

MI

Street Address

Apt. No

City

State

Zip

Phone

Email

Age (on race day)

Shirt Size: S M L XL Gender: Male Female

Entry Category: Run Walk



