

4th annual

# Walk/Run/Roll in Lauren's Shoes 5K

To benefit Make Lemon Aide Foundation for Cerebral Palsy (CP)

A 501(c)(3) non-profit foundation. All proceeds used to fight CP!

## Sunday, June 11, 2017

### Wilkeson Point Outer Harbor Buffalo

225 Fuhrman Blvd, Bflo

Choose Your Course: One Mile or 5K:

Packet Pick-Up 8:30AM

Pre-Race Activities 8:30-10:00

Race Start Time 10:30AM

Live Music \* R & R BBQ Food Truck



Walk • Run • Roll  
in Lauren's Shoes

#### Race Entry Includes:

- Jaguar Electronic Timing & Finish Line Services and Free Photo
- Official Run Dri-Fit Shirt (first 300 entries)
- Post Race Refreshment, Race Goodie Bag, Beer, Lemonade & water
- Mobile App

#### Entry Fees for 5K & 1 Mile

Adults: \$30 Kids: \$15

Do you have a *Zest for Life?* We welcome Zest for Life Fundraising Teams and Individuals. See website for details.

Awards will be presented to the top 3 male and female 5K finishers in each age category and top Overall Male and Female 5K Finishers.

AGE GROUPS: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over

## "A Walk/Run/Roll in Lauren's Shoes 5K" to Benefit Cerebral Palsy

Must be received by 6/2/17. One Entry per person!

Please choose course: \_\_\_ 1 mile or \_\_\_ 5K

T-Shirt Size \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL

T-shirts to first 300 entries

FIRST NAME

LAST NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

SEX

AGE

MM

DD

YY

EMAIL

LAST NAME

RECEIPT:

Please make all checks payable to

**Make Lemon Aide  
Foundation for CP**

P.O. Box 674 Hamburg, NY 14075

Credit Card Entry online

In consideration of my entry being accepted, I, intending to be legally bound, do hereby waive, release, and forever discharge any and all rights and/or claims for damage which hereafter occur to me against Outer Harbor Management, Be Our Guest, Make lemon Aide Foundation for CP, Race Management Solutions, Inc. the County of Erie, officers, directors or agents, representatives, successors, and or assigns, in connection with my association with, or entry in, or returning from said event.

Signature

date

If under 18, Parent/Guardian Signature:

date