

4th Annual Heart & Soul 5K Run

Historic Larkin District
Larkin Center of Commerce
701 Seneca Street, Buffalo NY 14210

5 KILOMETER RACE @ 10:00AM Start
Registration opens 8:00AM

Walkers welcome

Long sleeved T-Shirts TO FIRST 150 REGISTERED.
AWARDS, MASTERS, AGE GROUPS (5YR)

Early \$25.00 Registration Ends 1/13/2017
\$30.00 After 1/13/2017



Last Name _____ First Name _____ Phone () _____

Previous Runner Yes _____ Shirt Only Size _____ \$20.00

Complete Address & ZIP _____

E-Mail address _____ **MOBILE _____, for texting updates**

Preference for Application Next Year: e-mail _____ snail mail _____

I Am Entering The: 5K RACE _____ VOLUNTEER _____

(Enter Team Name if applicable) _____

Date of Birth: ____ / ____ / ____ Age on Race Day: ____ Sex: M / F

Circle Your Shirt Size: S M L XL – **For XXL (additional \$3.00)**

Emergency Contact: _____ Phone Number: _____

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 The Morlock Foundation, Joe Lang Foundation, Larkin Center of Commerce, Seneca Larkin 701, LLC, Seneca Holdings, Larkin Lofts LLC, Rodeo Drive of Amherst, DBA Bing's Restaurant, Race Management Services, Boye Creative Group, and any of the Sponsors associated with this race, Volunteers, and all affiliates for any injury, death 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 _____

Proceeds to Benefit, Please Make Payable & Mail to: **THE MORLOCK FOUNDATION, 381 Burroughs Drive, Amherst NY 14226**

ONLINE REGISTRATION: <http://heartsoul5k.itsyourrace.com>