

5th Annual Heart & Soul 5K Run

SATURDAY 2/10/18 10:00AM

Historic Fairmont Creamery's
At The Mahony Restaurant
199 Scott Street, Buffalo NY 14204

5 KILOMETER RACE @ 10:00AM Start

Registration opens 8:30AM

T-Shirts TO FIRST 100 REGISTERED.
AWARDS, MASTERS, AGE GROUPS (5YR)

\$25.00 Registration Ends 1/28/2018
\$30.00 After 1/28/2018



Last Name _____ First Name _____ Mobile Phone:(_____) _____ Text For Updates

Previous Runner: YES / NO _____ Shirt Only:_\$20.00

Complete Address & ZIP _____

E-Mail address _____

Please Check your 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, The Mahony Restaurant, The Fairmont Creamery, Ellicott Development, 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 Signature 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>