



DATE: Monday August 4th 2014
TIME: 6:30 PM (First Race Girls/Women- Followed by Boys/Men)
DISTANCE: 6,500 Meters
CO-SPONSORED BY: Lake Effect TC/Runner's Roost USTAF SANCTIONED
COURSE: *European-Style Cross Country*
 (Rolling Hills, Creeks, Wooded Trails, Gullies, Dips & Natural Barriers)
LOCATION: Erie County Reforestation & Refuge, Feddick Road, Boston, NY
ENTRY FEE: \$20.00 US/\$25.00CN **Post-Marked by AUGUST 1**
 (All Pre-Entries will receive "Mud Run Shirt"
 Post-Entry after AUGUST 1ST and on Race Day \$10.00 + No Shirt
AWARDS: Winner of each age group plus 25% of pre-entries / Per age group
 (Pre-registering increases the number of awards in your age group. REGISTER EARLY!
POST - RACE DELICACY: As always famous "CHARLAPS" ICE CREAM
AGE CLASSIFICATIONS: (Age as of Race Day) 12& Under, 13-14, 15-16, 17-18,
 19-22, 23-29, 30-36, 37-43, 44-50, 51-59, 60-69, 70+
DIRECTIONS TO THE RACE: "Expressway all the way" 219 South, Exit at Rice
 Road, **turn right**, Stay on Rice Road to the bottom of the hill, **turn left**
 onto Feddick Road to race site, park on shoulder of road. Careful!
SPECIAL NOTES: This is natural "No facilities available" Bring change of clothes-
 MUD everywhere! Download application @ _____ for extra copies
Cut out and Return bottom portion

 PLEASE PRINT*****PLEASE PRINT***** PLEASE PRINT*****PLEASE PRINT*****

Return this entry with fee payable to: **Lake Effect Track & Field Mail to: Don Sauer, 6471 Kevinton PL., Boston, NY14025**

To obtain a "MUD RUN" T- shirt, you must return entry & fee post-marked by: **AUGUST 1**

NAME: _____ RRC#/TAC#/AAU# _____

ADDRESS: _____ TOWN: _____ ZIP: _____

CLUB: _____ SEX M F AGE GROUP: (SEE ABOVE) _____

DATE OF BIRTH: ____ ____ ____ ADULT SHIRT SIZE: S M L XL (Circle one)

----- -RACE WAIVER -----

I know that running a road/cross-country race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, traffic & conditions of the course conditions, contact with other participants, the effects of the weather (including heat and/or humidity), all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and any entitled to act on my behalf waive and release the USATF, Runner's Roost, Lake Effect TC, Town of Boston, County of Erie, Erie County Parks and Recreation Dept. and all sponsors, race director, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: If Under 18) _____ DATE: _____

