

CARDINAL O'HARA *High School*

presents its 4th annual

Black and Gold 5k Run/Walk

When: Thursday, June 21, 2018 at 6:30 PM

Where: Cardinal O'Hara High School, 39 O'Hara Road, Tonawanda, NY 14150

Course: 5k flat out and back course; water at the half-way point

Awards: 1st male and female overall, Overall Alumni Male and Female, and 1st, 2nd and 3rd male and female age group winners. No Duplicate awards

Entry Fees: Pre-registered through Thursday June 21, 2017— \$22, COHS Students - \$15, Alumni - \$18, Lancaster Strider & Checker's members - \$20, Day of Race registration - \$25, Post-Race Party ONLY - \$10

Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Post Race Celebration: Including music, food, beer, water, and soda

Premium T-shirt - given to the first 200 registered runners.

Timing by: WNYFL&TS

General Info: No bicycles, rollerblades, or skateboards

More Information: Contact Melinda Pierce at 716-695-2600, ext 310 or mpierce@cardinalohara.com.
To register online go to <https://www.cardinalohara.com>



Complete Form Below, Cut at Line & Return with Payment to Cardinal O'Hara High School

PLEASE COMPLETE ENTIRE APPLICATION OR YOUR RESULTS WILL NOT BE ACCURATE.
Get your race application online! Visit <https://www.cardinalohara.com> to apply online or to download a .pdf of the race application.
Make checks payable to Cardinal O'Hara High School & mail to 39 O'Hara Road, Tonawanda, NY 14150

Name _____		Age day of race _____	Date of Birth _____
Address _____		City _____	State _____ Zip _____
Phone Number _____	E-mail Address _____		T-Shirt Size (S - M - L - XL) _____
Circle all Applicable: Male	Female	COHS Alum	Checkers or Strider Member
5k run participant	5k walk participant	Post race party only	

I am participating at my own risk and waive all claims of every nature against the organizer, officials, sponsors and any other participating agencies with respect to any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing. I, the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing it and sign it voluntarily.

Signature _____ Date _____ Parent/Guardian Signature (if under 18 years of age) _____ Date _____