



Fredonia's 5th Annual "Cold Turkey" Run

Date & Time:

Thursday, November 23, 2017 @ 9:00 a.m.

- On-Site Registration & Packet Pick-Up: 7:30 a.m.- 8:30 a.m. at Sunny's 43 Water Street, Fredonia. Awards ceremony and post-race party will take place at 10:00 a.m. at Sunny's
- Pre-Race packet pick up Wednesday 11/22 @ Pump It UP! 10745 Bennett Rd, Dunkirk

Start & Finish:

Sunny's, 43 Water Street, Fredonia, NY 14063

Distance:

Run: 4.5 miles

Walk: 3.3 miles

Kid's Fun Walk: 1 mile (Participation Medal)

Age/Categories:

Overall, Male and Female- **Run Only**

9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Awards:

Overall Male and Female

Top three male and female finishers in each age group

Registration:

On-line @ www.runsignup.com/race/NY/Fredonia/Coldturkeyrun or mail through, November 09, 2017 @ 11:59 p.m.

Pre-registration guarantees race shirt.

Late Registration November 10th through race day from 7:30 to 8:30 a.m. at Sunny's, 43 Water Street, Fredonia

Entry Fee*:

Pre -registration Individual: \$25.00 (9/1- 11/09)

Late Registration Individual: \$30.00 (11/10-11/23)

Kid's walk: \$10.00 (under 14)

*Registration forms received by November 09, includes shirt;

** shirts not guaranteed for late and race day registration

Additional Information: Contact Cheryl Tabone (716) 680-0361 or DJ Wilson (716) 785-1537

****Basket Raffle**

****If you would like to Donate please contact Cheryl or DJ, Thank you!**

Fredonia's Annual Cold Turkey Run

Last Name, First Name

Street Address

City, State & Zip

Phone Number

Age (on Race Day)

E-Mail Address

☐ Runner 4.5 mi ☐ Walker 3.3 mi ☐ Kids Fun Walk 1 mi

☐ Pre- Registration \$25 ☐ Kids Walk \$10 ☐ Post- Registration \$30 ☐ Donation \$ _____

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the State of New York, Village of Fredonia, Town of Pomfret, Old Main Inn, Pump It Up! the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. By signing below, I agree to these terms, as well as the full and complete race waiver provided on-line @ www.pumpitupfit.com.

Participant Signature

Date

Parent Signature (if under 18 years old)

Date

Please make check or money order payable to: **NCCF/Kids Staying Active.**
Mail your completed registration form, with your check or money order, to:
Pump It Up! – 10745 Bennett Road - Dunkirk, NY 14048
To pay by credit card, please register via our on-line form:
www.runsignup.com/race/NY/Fredonia/Coldturkeyrun