



TAKE A BREATH FOR LIFE'S

5K Run, Kids Run and Lung Cancer Awareness Fundraiser
Saturday November 11th, 11:00 a.m. (Rain or Shine)

Sponsored by Southtowns Radiology

**Location**

Hamburg Fair Grounds
Lower Grandstand / Carousel Banquet Facility
5600 McKinley Pkwy
Hamburg, NY 14075
Virtual run also available – Not eligible for tee shirt or awards

5K Run Registration:

\$25 Pre-Registration, \$30 day of race
\$15 Virtual
Make checks payable to Take a Breath for Life Foundation
Kid's (ages <12) ½ mile fun run is FREE –

Event Schedule:

9:30 a.m. Race Registration
11:00 a.m. – 4:00 p.m. Fundraiser
11:00 a.m. 5K Run / Walk
12:00 p.m. Kid's fun run
12:30 p.m. Awards
2:00 p.m. Theme Basket Ticket Drawing

Race Packet Pick up:

Day of race pick up begins at 9:30 a.m.
Hamburg Fairgrounds – Lower Grandstand
Packet includes Race bib, Event Information and
FREE T-shirt for the first 50 in person participants to register by Oct 23rd

Contact Information:

Jeremy Gilbert
Email: jeremy.gilbert4@gmail.com
Website: www.racemanagementsolutions.com
Facebook: www.facebook.com/TakeABreathForLife

Race Details:

Certified Race – NY17034JJ
Closed Safe Course
Timing & Finish line services provided by:
Race Management Solutions
Medals awarded to overall male & female & top 3 finishers in each **in person** age group (M&F)
13-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,
75+
Kid's medals awarded to first 100 kids

Join the fun after the race!
Free Admission
All are welcomed at the fundraiser – not required to run the race!
Fundraiser with proceeds benefiting the
American Lung Association



Theme Baskets
Live Music by the Bob's
Food for purchase
Raffles
50/50
Family Friendly
Free Parking

Entry Form – Take a Breath for Life 5K – Mail this portion with checks made payable to: Take a Breath for Life, Take a Breath for Life 8448 Heath Road, Colden, NY 14033

Last Name: _____ First Name: _____

1st 50 racers if registered by 10-23

Gender: _____ T-shirt Size (S, M, L, XL): _____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Date of Birth (00/00/00): _____ Age on Race Day: _____

How/where did you hear about our race? _____

I cannot run but wish to make a donation to the Take a Breath for Life Foundation in the amount of:

\$15 _____ \$25 _____ \$50 _____ Other _____

In consideration from my entry being accepted, I intend to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all claims and rights for damages which I have or which may hereafter occur to me against Take A Breath For Life Foundation, Erie County, Erie County Fairgrounds & Raceway, the race sponsors, and successors and assigns for any and all damages which may be sustained by me in connection with my association with or entry in and arising out of my traveling to, participation in and returning from said event.

Please sign: _____