

# TIM FRANK MEMORIAL CANAL FEST 4 MILER

*in celebration of the 27th Annual Canal Fest*

**To Benefit the Boys & Girls Club of the Northtowns of WNY**



**THURSDAY JULY 23RD, 2009**

**7:00 PM**

**"23RD ANNUAL RACE"**



**Registration / Pick-Up:** Elks Lodge 860, 12 Main St. North Tonawanda, NY 14120 (Located at the race start/finish at Main and Sweeney Streets).

## NEW LOCATION

Race packets may be picked up on July 22nd between 3:00pm and 8:00pm. Race day registration is from 4:30 pm to 6:30pm at the Elks Lodge.

## Race Course:

**The race site starts and finishes at the foot of the Delaware Street Bridge at Sweeney and Main Streets in North Tonawanda, NY. The 4 mile course runs along the shores of the Erie Barge Canal (USATF Certified). Start and Finish by 'W.N.Y FINISH LINE SERVICES'.**

NT Course Record | Male- 2007 – Brian Lombardo-20:20

NT Course Record | Female- 2007 – Amy Fakterowitz-25:19

## Awards:

1<sup>st</sup> Place Male and Female Overall

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Male and Female in the following age groups:

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over



**BOYS & GIRLS CLUBS**  
OF THE NORTHTOWNS OF WNY

## Race Day Itinerary:

4:30pm – 6:30pm Registration and Race Packet Pick-Up  
7:00pm Ceremonies and Race Start

## NEW PARTY LOCATION

8:00pm Post Race Party at the **Elks Lodge**  
(Non-runners 12-20 years of age - \$5 charge; 21 and above -\$7 charge)  
8:30pm Awards Ceremony at the **Elks Lodge**  
(food, beverages, music, raffle and awards)

## Entry Fee:

Adults (15 & over):	\$20.00 Pre-registration		\$22.00 Day of Race
Children (10 & under):	\$7.00 Pre-registration		\$9.00 Day of Race
Children (11 to 14):	\$12.00 Pre-registration		\$14.00 Day of Race

## Questions:

Call Jeffrey Hardy @ (716) 887-8561 (day) or (716) 688-7839 (evening)

## On-Line Registration:

[WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)

also check out

[WWW.CANALFEST.ORG](http://WWW.CANALFEST.ORG)

- T-SHIRTS TO THE FIRST 400 PARTICIPANTS

Make checks payable to: **Boys & Girls Club of the Northtowns**

Mail to: **Boys & Girls Clubs**  
**Attention: Canal Fest 4 Miler**  
**789 Gilmore Ave.**  
**North Tonawanda, NY 14120**

## ENTRY FORM

Email \_\_\_\_\_

LAST NAME

FIRST NAME

MI

NUMBER & STREET

PSN/BIB

TOWN/CITY

STATE/PROV

ZIP/POST CODE

SEX AGE

PHONE NUMBER

I am donating the following additional amount to benefit the Boys and Girls Clubs

T-shirt Size: (circle one)

S M L XL XXL-add \$1.00

Waiver: In consideration of my acceptance and registration, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages against the cities of the Tonawandas, Canal Fest, Boys & Girls Club of the Tonawandas its agents, successors and assignors for all injuries suffered by me at said race. I declare myself physically fit for this race.

Date

Signature of Runner

Date

Signature (parent or guardian if under 18 years old on 7/23/09)