

**Coach Capuani  
Cross Country Kick-Off**



Coach "Cap" Memorial Race

**5K Cross Country  
and 1 Mile Fun Run**

(Walkers Welcome)

**DATE: Saturday, August 2, 2008**

**TIME: 8:30 AM – Fun Run  
9:00 AM – 5k Cross Country Race**

**SITE: Frontier High School  
4432 Bayview Road, Hamburg NY  
On Campus, "off road," flat, grassy, with**

**TERRAIN: trails**

**ENRTY FEES: 5K race: Adults \$15, Students \$10  
(before 7/29/08) Fun Run: \$8  
(after 7/29/08) ALL 5K RUNNERS \$20**

**REGISTRATION BY MAIL – ACCEPTED UNTIL 7/29/08.**

Mail registration forms to: Jim Zubler  
c/o Frontier High School  
4432 Bayview Road  
Hamburg, NY 14075

**Make checks payable to: Falcon Track Club**

**REGISTRATION IN PERSON – The day of the race (8/2/08) from 7:00 – 8:30 AM in the high school gymnasium**

**PRE-REGISTERED PICK UP – Race-day pick up will be from 7:00 AM – 8:30 AM in the high school gymnasium**

**AWARDS (5K)**

Overall Male & Female runners

Medals to Male & Female runners

Age groups: 9 & under, 10 – 12, 13 – 15, 16 – 18, 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69

**FACILITIES:** Restrooms and change areas are available in the high school

**COURSE MAPS & APPLICATIONS:** Are available at the Frontier Central High School or at the Falcon Track Club website: [www.falcontrackclub.com](http://www.falcontrackclub.com). For additional information, please contact Jim Zubler at 926-1720 (x2331) or at [JZubler@frontier.wnyric.org](mailto:JZubler@frontier.wnyric.org).

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***Registration Form  
Coach Capuani Cross Country Kick-Off***

Declaration: In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages which I may have against the sponsoring organizations for any and all damages which may be sustained as a result of my participation in this event.

NAME \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE AS OF JULY 29, 2008 \_\_\_\_\_

SHIRT SIZE (circle) S M L XL  
5K RACE \_\_\_\_\_ FUN RUN \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_