



NIKE 2010 Hospice Dash

5K Run/Walk

September 25, 2010

www.hospicedash.com

T-shirt and goodie bag provided to first 250 registered runners!



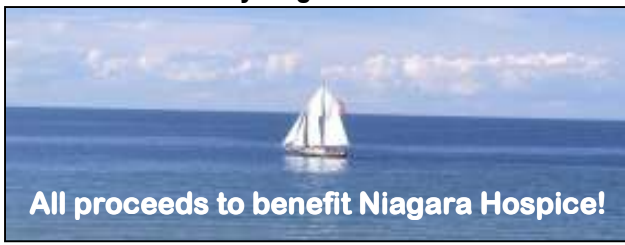
Porter-on-the-Lake

Overlooking Lake Ontario

Dietz Road-Youngstown, New York
(1/2 mile east of Niagara Frontier Country Club)

Registration

- \$25.00 Pre-Registration by 9/16/10
- \$30.00 Late Registration 9/17/10 - 9/24/10
- \$35.00 Race Day Registration 8:00-9:45 am



All proceeds to benefit Niagara Hospice!

Post-Race Party!

Join us after the race for great food and drink, raffles, basket auction, live music and a spectacular view of Lake Ontario!

If you can't make the race but would still like to help Niagara Hospice, please mail your donation to the address below or call Paul Beatty at 998-5777 to arrange for one of our volunteers to pick up your gift for our basket auction. Thank you!



Race Start Time: 10:00am

Male & Female Award Categories

Electronic timing chips provided by **SCORE THIS!**

(Overall Male & Female Winners to receive trophies)

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

First Name MI Last Name
 Address
 City State Zip Code
 Phone Sex Age MM DD YY
 E-Mail

Official Use Only
 RACE NUMBER

Shirt Size: S M L XL

Please Make All Checks Payable To
Hospice Dash
 PO Box 251
 Youngstown, NY 14174
Credit card entry available online only!

In consideration of my entry being accepted, I, intending to be legally bound, do hereby waive, release and forever discharge any and all rights and/or claims for damage which hereafter occur to me against the Hospice Dash, Niagara Hospice, the Town of Porter, Score This!!!, Inc., the County of Niagara, officers, directors or agents, representatives, successors, and or assigns, in connection with my association with or entry in or returning from said meets.

Signature: _____ Date: _____

If under 18 years of age, parent/guardian signature: _____ Date: _____