



TAKE A BREATH FOR LIFE'S
 5K Run November 1st thru November 15th
 On your own and anywhere you want!
 Sponsored by Southtowns Radiology



WE'VE GONE VIRTUAL!

Proceeds benefiting the
 American Lung Association



5K Run Registration:

\$15
 Make checks payable to Take a Breath for Life
 Foundation
 Kids – FREE

Contact Information:

Jeremy Gilbert
 Email: jeremy.gilbert4@gmail.com
 Website: itsbuffalotime.com/take-a-breath-for-life-5K
 Facebook: www.facebook.com/TakeABreathForLife
 Follow us on Instagram

Race Details:

Trophies awarded to overall male & female
 top finishers



**FREE T-shirt for the first 25 people to register
 by October 31st.**

**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 25 racers if registered by 10-31

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

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

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

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