



# TAKE A BREATH FOR LIFE'S

5K Run, Kids Run and Lung Cancer Awareness Fundraiser  
Saturday November 13<sup>th</sup>, 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

**Pre-registration & Race Packet Pick up:**

Friday, November 12<sup>th</sup> 5:00 p.m. – 7:00 p.m. or day of race  
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 18th**

**Contact Information:**

Jeremy Gilbert  
Email: [jeremy.gilbert4@gmail.com](mailto:jeremy.gilbert4@gmail.com)  
Website: [itsbuffalotime.com/take-a-breath-for-life-5k](http://itsbuffalotime.com/take-a-breath-for-life-5k)  
Facebook: [www.facebook.com/TakeABreathForLife](http://www.facebook.com/TakeABreathForLife)

**Race Details:**

**Certified Race – NY17034JJ**  
**Closed Safe Course**  
Timing & Finish line services provided by Its Buffalo Time  
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: \_\_\_\_\_

1<sup>st</sup> 50 racers if registered by 10-18

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: \_\_\_\_\_