



# Buffalo Trot



## 5K Run/Walk

Saturday, May 24, 2014

### LifeSong Church

1586 South Main Street, Harrisonburg, VA 22801  
(running through Purcell Park)

**When:**

7:00am-7:45am → Race Day Check In/Registration  
7:55am → Introductions  
8:00am → 5K Run/Walk Race Begins

**Mail-In Registration:**

Joni S. Lam  
Buffalo Trot 5K  
62 Rex Road  
Harrisonburg, VA 22801

**Run/Walk Fee:**

\$20 for early registration (thru May 20<sup>th</sup>)  
\$25 for late registration (After May 20<sup>th</sup> or Race Day)  
\$20 for proxy registration (someone will run in your place  
and we'll mail your race number to you after the event)

**Register Online:**

[www.FCCLAbuffalotrot.webs.com](http://www.FCCLAbuffalotrot.webs.com)

**Awards:**

Refreshments will be available after the race.  
Prizes will be awarded in each of the following categories:  
(Ages 12 & Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+, Walk)

**For More Information:**

Joni Lam at 540.908.1500 or  
[jslam@augusta.k12.va.us](mailto:jslam@augusta.k12.va.us)

**Forms of Payment:**

Cash, Money Order, Online

**Proceeds:**

All proceeds will benefit the Family, Career and Community Leaders of America (FCCLA) organization at Buffalo Gap High School. Funds will be used to allow students to attend the upcoming National Leadership Conference held in San Antonio, Texas in July.



## Buffalo Trot Registration Form

**Waiver:** I hereby release the town of Harrisonburg, LifeSong Church, Buffalo Gap High School, and FCCLA from all claims for damages arising from any accident or injury, which are caused or arise from the participation in the Buffalo Trot 5K Run/Walk. Furthermore, I grant full permission to use my name, photography, or recording for promotional purposes. I understand that if the Run/Walk is canceled due to circumstances beyond control, my entry fee will not be refunded and is accepted as a donation.

Signature

(Parent/Guardian's signature if participant is less than 18 years old)

_____		_____	_____
Last Name		First Name	MI
_____			_____
Street Address			Apt. No
_____		_____	_____
City		State	Zip
_____		_____	_____
Phone		Email	Age (on race day)
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Entry Category: <input type="checkbox"/> Run <input type="checkbox"/> Walk	
		<input type="checkbox"/> Proxy	

