

- 19TH ANNUAL - FAMILY FITNESS DAY



- ★ Buffalo Stampede ★
5K Race & Fun Walk
- ★ Bison Stampede ★
(Kid's Races)

Saturday, MAY 7TH, 2016

Starts at 8:30 A.M. at Buffalo Trace Park, Palmyra, IN
812-364-6112

FAMILY FUN

Come out for the whole day and enjoy
our beautiful park. Visit our petting zoo.

**FREE ADMISSION TO PARK
FOR RACE PARTICIPANTS**

ADDITIONAL REGISTRATION FORMS ONLINE AT:

www.harrisoncoparks.com

www.pacersandracers.com

www.nhcs.k12.in.us
(Athletics Team NHXC Website)

FriendsofBTP.org



KovertHawkins
architects



Cub Cadet ■ Kawasaki Kubota



Champion Real Estate

Barry Geltmaker
Cell: (812) 968-5319
Susan Duley-Vannis
Cell: (812) 267-0346

FAMILY FITNESS DAY RELEASE FORM FOR BUFFALO STAMPEDE/5K RACE, FUN WALK AND BISON STAMPEDE (Kid's Races)

In consideration of the acceptance of my entry, I hereby for myself, my heirs, executor, and administrators do release and discharge forever any and all rights and claims for damages I may accrue against all persons and sponsors and associates promoting and/or staging the Buffalo Stampede 5K Race, Fun Walk, and Buffalo Stampede (Kids' Races) on Saturday, May 7, 2016. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. I also grant full permission to any and all of the foregoing to use my likeness for publicity/promotional purposes without obligation or liability to me.

Participant's Signature _____

Date _____

Parent's Signature _____

Date _____

(parent's signature required if under 18 years of age)

SIGNED WAIVER REQUIRED

DATE: SATURDAY, MAY 7, 2016

PLACE: Buffalo Trace Park
Main Shelter House
Palmyra, Indiana

RACE DAY REGISTRATION

7:30 a.m. - 8:15 a.m. 5K Race & Fun Walk
9:00 a.m. - 9:45 a.m. Kid's Races

RACE DAY STARTING TIMES:

8:30 a.m. 5K Race & Fun Walk
9:30 a.m. 5K Race Awards Program
10:00 a.m. Kid's Races
11:00 a.m. Kids Races Awards Program

The **BUFFALO STAMPEDE/5K RACE** is run over a fast, flat course beginning at the Main Shelter House, winding through Buffalo Trace Park following the park's walking/jogging trail around the beautiful 30 acre lake and ending back at the Main Shelter House.

There will be timers at each mile and a water station in the park, about midway through the course.

The **1.3 FUN WALK** also begins at the Main Shelter House, at the same time. Starting the opposite direction as the runners and going around the lake trail once ending back at the main shelter house.

The **BISON STAMPEDE (Kid's Races)** begin at **10:00 A.M.** and include a 1 1/4 mile race for the 10-12 year olds to be run on the park's jogging/walking trail around Buffalo Trace Park's beautiful lake. Immediately following that race, the 7-9 year olds run a flat 3/4 mile race. Next, the 6 and under kids run a similar flat 1/4 mile race. Both of these races begin and end at the Main Shelter House where the registration and awards are held.

ENTRY FEES & REGISTRATION

BUFFALO STAMPEDE 5K RACE or FUN WALK

\$20.00 before April 30, 2016
\$25.00 Race Day - May 7, 2016

BISON STAMPEDE (Kid's Races)

\$15.00 before April 30, 2016
\$20.00 Race Day - May 7, 2016

BUFFALO STAMPEDE/5K RACE

Age Categories (male and female)		
Under 10	25 - 29	45 - 49
10 - 14	30 - 34	50 - 54
15 - 19	35 - 39	55 - 59
20 - 24	40 - 44	60 & over

Awards will be given to the top three male and female overall finishers, as well as the top three male and female winners in the 5K Race age divisions. The top 3 male and female overall winners are not eligible for the age group awards.

DOOR PRIZES will be given away immediately following the 5K Race Awards at 9:30 A.M. All entrants (walkers and runners) are eligible for this drawing, but must be present to win.

BISON STAMPEDE (Kid's Races)

- 1st Kid's Race / Ages 10 - 12 / 1.25 mile**
- 2nd Kid's Race / Ages 7 - 9 / .75 mile**
- 3rd Kid's Race / Ages 6 and under / .25 mile**

Awards will be given to the top three boys and girls overall winners in each of the three separate kid's races. All participants in the kids' races will receive a ribbon of participation upon completion of the race.

All pre-registered participants (before April 30th) will receive a long sleeve t-shirt to be picked up prior to each respective event at the Main Shelter House that day. Participants who registered after April 30th, or on race day, will not be guaranteed a shirt. Note: Shirts will only be available while supplies last.

Proceeds go to Friends of the Buffalo Trace Park, Inc. and North Harrison Cross County Team

MAKE CHECKS PAYABLE TO:

Friends of the Buffalo Trace Park, Inc.

MAIL ENTRY FORMS TO:

Jerry/Juanita Love
14350 Huff Street, N.E. • Palmyra, IN 47164

FOR MORE RACE INFORMATION, PLEASE CALL:

Jerry/Juanita Love - (812) 364-6122

RACE RESULTS:

Pacers & Racers Walking & Running Store
3602 Northgate Ct., STE 19 • New Albany, IN 47150
(812) 948-7865 • www.pacersandracer.com

Proceeds go to Friends of the Buffalo Trace Park, Inc. and North Harrison Cross County Team

Please make checks payable to: Friends of the Buffalo Trace Park, Inc.. Mail entry form to: Jerry/Juanita Love, 14350 Huff St., N.E., Palmyra, IN 47164. For race questions, call Jerry/Juanita Love @ (812) 364-6122. Please complete all information on this form.

Last Name: _____ First Name: _____

Street Address: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Sex: _____ Age on Race Day: _____ (May 7, 2016)

- BUFFALO STAMPEDE 5K RACE \$20.00 (before April 30th) \$25.00 Race Day (May 7)
- BUFFALO STAMPEDE FUN WALK \$20.00 (before April 30th) \$25.00 Race Day (May 7)
- BISON STAMPEDE (KID'S RACES) \$15.00 (before April 30th) \$20.00 Race Day (May 7)

PLEASE SPECIFY (KID'S RACES) Ages 10 - 12 Ages 7 - 9 Ages 6 & Under
LONG SLEEVE T-SHIRT SIZE (CIRCLE ONE): ADULT: XXL XL L M S CHILD: 14 - 16 10 - 12 6 - 8

PLEASE READ AND SIGN WAIVER ON BACK