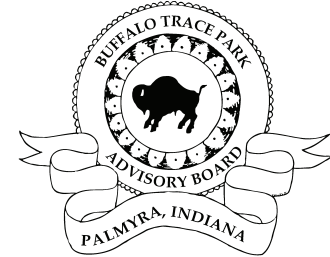


- 13<sup>TH</sup> ANNUAL -  
**FAMILY  
 FITNESS DAY**



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

Saturday, MAY 1<sup>ST</sup>, 2010  
 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](http://www.harrisoncoparks.com)

[www.pacersandracers.com](http://www.pacersandracers.com)

[www.nhcs.k12.in.us](http://www.nhcs.k12.in.us)

(Athletics Team NHXC Website)



**Kovert Hawkins**  
architects



Cub Cadet ■ Kawasaki Kubota



**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 1, 2010. 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 \_\_\_\_\_  
 (parent's signature required if under 18 years of age)

Date \_\_\_\_\_

**SIGNED WAIVER REQUIRED**

**DATE:** Saturday, May 1, 2010

**PLACE:** Buffalo Trace Park  
Main Shelter House  
Palmyra, Indiana

**RACE DAY REGISTRATION**

7:30 - 8:15 a.m. 5K Race & Fun Walk  
10:00 - 10:45 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  
11:00 a.m. Kid's Races  
12:00 p.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 **5K FUN WALK** also begins at the Main Shelter House, at the same time, following the same course as the runners.

The **BISON STAMPEDE (Kid's Races)** begin at **11:00 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 5K WALK**

\$15.00 before April 10, 2010

\$18.00 before April 30, 2010

\$20.00 Race Day - May 1, 2010

**BISON STAMPEDE (Kid's Races)**

\$10.00 before April 10, 2010

\$12.00 before April 30, 2010

\$15.00 Race Day - May 1, 2010

**BUFFALO STAMPEDE/5K RACE**

**Age Categories (male and female)**

<b>14 &amp; Under</b>	<b>30 - 34</b>	<b>50 - 54</b>
<b>15 - 19</b>	<b>35 - 39</b>	<b>55 - 59</b>
<b>20 - 24</b>	<b>40 - 44</b>	<b>60 - 64</b>
<b>25 - 29</b>	<b>45 - 49</b>	<b>65 &amp; over</b>

**GRAND OLD BUFFALO AWARD:** Oldest male or female runner for Race Day (not eligible for age group award).

*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 5K 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 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 on race day will receive their shirt that day as supplies last. Then, two weeks from race date, ordered shirts may be picked up at Kellum Imprints on Hwy. 64 in Ramsey, IN; phone 812-347-2546.

Proceeds go to Buffalo Trace Park Advisory Board and North Harrison Cross County Team

**MAKE CHECKS PAYABLE TO:**

Buffalo Trace Park Advisory Board

**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 Buffalo Trace Park Advisory Board and North Harrison Cross County Team

Please make checks payable to: Buffalo Trace Advisory Board. 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: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Sex: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ (May 1, 2010)

- BUFFALO STAMPEDE 5K RACE  \$15.00 (before April 10)  \$18.00 (before April 30)  \$20.00 Race Day (May 1)
- BUFFALO STAMPEDE 5K WALK  \$15.00 (before April 10)  \$18.00 (before April 30)  \$20.00 Race Day (May 1)
- BISON STAMPEDE (KID'S RACES)  \$10.00 (before April 10)  \$12.00 (before April 30)  \$15.00 Race Day (May 1)
- 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**