

3rd Annual HEART & SOUL 5K

Saturday, February 13, 2016

Historic Larkin District
Larkin Center of Commerce
701 Seneca Street, Buffalo NY 14210

The Morlock Foundation, Inc.
is a 501 c3 Charitable Foundation
www.themorlockfoundation.org

5 KILOMETER RACE @ 10:00AM START

Registration opens 8:00AM

Walkers welcome WALK @ 10:15AM

Long sleeved T-Shirts TO FIRST 150 REGISTERED

5-K AWARDS, MASTERS, AGE GROUPS (5YR), BIGGEST COUPLES TEAM



EARLY PROMOTIONAL NOW - 12/1/15 \$20.00 ■ Goodie bags guaranteed ■ \$25.00- 12/2/15 – 1/13/16, and \$30.00 after 1/13/16.
Long Sleeve Shirts are limited to the first 150 runners.

Last Name _____ First Name _____ Phone () _____

Previous Runner Yes: _____ Shirt Only _____

Complete Address & ZIP _____

E-Mail address _____

Preference for Application Next Year: E-mail _____ Snail mail _____

I Am Entering the: 5K RACE _____ VOLUNTEER _____

► **TEAM NAME** (if applicable) _____

Date of Birth: ____ / ____ / ____ Age on Race Day: ____ Sex: M / F

● Circle Your Shirt Size: (S) (M) (L) (XL) ■ For XXL (additional \$2.00 charge is applied)

In consideration of your accepting my entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights & claim for damages which I may have against The Morlock Foundation, Inc., Joe Lang Foundation, Larkin Center of Commerce, Seneca Larkin 701, LLC., Seneca Larkin Holdings, LLC., Boye Creative Group, LLC., Rodeo Drive of Amherst, DBA, Bing's Restaurant, City of Buffalo, Larkin Lofts, LLC., Race Management Solutions, INC., USTF, and any of the Sponsors associated with this race, volunteers, and all affiliates for any injury, death, or damages which may be sustained as a result of my participation in this event or arising out of traveling to or from this event. I certify that I am in good health & able to participate in this event.

SIGNATURE: _____ Parent if Under 18: _____ Date: _____

Please Make Payable & Mail to: **The Morlock Foundation: 381 Burroughs Drive Amherst, NY 14226**

Online registration <http://www.joelangfoundation.com> for more information:

Contact Race Director: Edla Collora 716-440-7507 / Ecollora@roadrunner.com