

The BOND LAKE ATHLETIC CLUB Proudly presents the 14th Annual

RUT RACE



This is a USATF Sanctioned event

Monday, August 16, 2010 – 7:00 PM At BOND LAKE PARK, 2571 Lower Mountain Road (between Routes #104 and #429), Lewiston, NY.

Come join us for a 3.4 mile European Style Cross-Country race on beautiful trails up and down the Niagara Escarpment. A few roots, rocks and ruts, a little mud (changing rooms available), and some challenging hills make this a unique race experience. After, join us for Pasta, Pizza, Awards and more!

Awards to the top 3 finishers of each age category: 14 & under, 15-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

SPECIAL THANKS TO: NIAGARA COUNTY PARKS DEPT. & SCORE THIS!!! TIMING SERVICE

Entry Fee: **\$13** - postmarked no later than Aug 10th. **\$15** - day of race, or after Aug 10th. **US FUNDS ONLY, PLEASE**. To keep the price low, there will be **NO SHIRTS** provided again this year.

Register online at score-this.com/onlinereg/rutracereg.html

Website: bondlakeac.com Email: runninray@verizon.net Phone: (716) 832-9442

<u>Entry fees</u>		ks payable to: Bond Lake A.C., Inc. 1310 99 th Street Niagara Falls, NY 143										online registration v														
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