



**TAKE A BREATH FOR LIFE 5K RUN / WALK**  
 5K Run, Kids Run and Lung Cancer Awareness Fundraiser  
 Saturday November 16<sup>th</sup>, 11:00 a.m. (Rain or Shine)



**Location**

Hamburg Fair Grounds  
**Lower Grandstand / Carousel Banquet Facility**  
 5600 McKinley Pkwy  
 Hamburg, NY 14075  
 Virtual run also available – Not eligible for tee shirt or awards

**5K Run Registration:**

\$25 Pre-Registration, \$30 day of race  
 Make checks payable to the American Lung Association  
 with "Take a Breath for Life" in memo.  
 Kid's (ages <12) ½ mile fun run is FREE  
 but kids MUST be registered!!

**Event Schedule:**

9:30 a.m. Race Registration  
 11:00 a.m. – 4:00 p.m. Fundraiser  
 11:00 a.m. 5K Run / Walk  
 12:00 p.m. Kid's fun run  
 1:00 p.m. Awards  
 2:00 p.m. Theme Basket Ticket Drawing

**Race Packet Pick up:**

Day of race pick up begins at 9:30 a.m.  
 Hamburg Fairgrounds – Lower Grandstand  
 Packet includes Race bib, Event Information and  
**FREE T-shirt for the first 100 in person participants to register by Oct 31<sup>st</sup>.**

**Contact Information:**

Jeremy Gilbert  
 Email: [jeremy.gilbert4@gmail.com](mailto:jeremy.gilbert4@gmail.com)  
 Website: <https://action.lung.org/takeabreathforlife>  
 Facebook: [www.facebook.com/TakeABreathForLife](http://www.facebook.com/TakeABreathForLife)  
[www.facebook.com/WNYLung](http://www.facebook.com/WNYLung)

**Race Details:**

**Certified Race – NY17034JJ**  
**Closed Safe Course**  
**Timing & Finish line services provided by:**  
 Race Management Solutions  
 Medals awarded to overall male & female & top 3 finishers in each **in person** age group (M&F)  
 13-19, 20-24, 25-29, 30-34, 35-39,  
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+  
 Kid's medals awarded to first 100 kids

**Join the fun after the race!**  
**Free Admission**  
**All are welcomed at the fundraiser – not required to run the race!**  
 Fundraiser with proceeds benefiting the  
**American Lung Association**



Theme Baskets  
 Live Music by the Bob's  
 Food for purchase  
 Raffles  
 50/50  
 Family Friendly  
 Free Parking

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**Entry Form – Take a Breath for Life 5K – Mail this portion with checks made payable to: The American Lung Association with TAB4L in the memo line and mail to 505 Ellicott Street, #A35, Buffalo, NY 14203.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Gender: \_\_\_\_\_ T-shirt Size (S, M, L, XL): \_\_\_\_\_ Please note t-shirts are reserved for first 100 registrants before October 31<sup>st</sup>.

Email **REQUIRED** – Note we cannot register you if you do not provide a valid email address: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Date of Birth (00/00/00): \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

How/where did you hear about our race? \_\_\_\_\_

I cannot run or am running and wish to make a tax-deductible donation to the Take a Breath for Life Foundation in the amount of:

\$15 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \_\_\_\_\_

In consideration from my entry being accepted, I intend to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all claims and rights for damages which I have or which may hereafter occur to me against Take A Breath For Life Foundation, American Lung Association, Erie County, Erie County Fairgrounds & Raceway, the race sponsors, and successors and assigns for any and all damages which may be sustained by me in connection with my association with or entry in and arising out of my traveling to, participation in and returning from said event.

**Please sign:** \_\_\_\_\_

The American Lung Association is a 501©3 with a tax ID number 13-1632524. Please note, race registrations are not tax-deductible but additional donations are.