

Air & Waste Management Association
P.O. Box 384
Williamsville, NY 14231-0384

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PAID
PERMIT 3344
BUFFALO, NY



ENVIRUN

WNY's most scenic 5K course!



Saturday, April 24, 2010 • 10:30 AM

Goat Island ▲ By Canadian Falls/Top of the Falls Restaurant ▲ Niagara Falls, NY 14303

\$20.00 - \$25.00 Late Entry (after 4/22/10) ▲ Students: \$15.00

U.S. Funds Only ▲ Make Checks payable to NFS-AWMA

Mail to : ENVIRUN/IEG ▲ 44 Rolling Hills Dr. ▲ Orchard Park, NY 14127

Registration is also available at: www.active.com

▲ Awards to overall male and female (no duplicates)

▲ First three finishers in each age group (5 year age groups)

▲ Ages 14 and under to 85 plus - male and female

▲ Special quality shirt to the first 350 registrants!

▲ Post race awards party by Canadian Falls/Top of the Falls Restaurant with refreshments



Participate in the 5K run and help to celebrate Earth Day!

Event Sanctioned by USATF and Course certified to be accurate by USATF #NY09056JG.

