

**St. Bonaventure Parish of Allegany, NY**  
**3rd Annual BONAFEST 5K Run/Walk**

**Saturday, July 9, 2011**

**\*\*Run Start Time: 9AM**

**\*\*Walk Start Time: 9:15AM**

**\*\*Times changed from past years with the runners heading out just before the walkers!**

**Registration on the day of the event will begin at 8AM.**

The Event will take place along the Allegheny River Trail and on St. Bonaventure Campus with the starting point near the SBU Tennis Courts.

**Parking:** Please use the West entrance to the campus, located west of Olean on Rt. 417. Please pay attention to directional markers due to construction occurring on campus!



5k Cross Country Trail Run

3.1 miles on cross country trails along the Allegheny River and on St. Bonaventure University's Campus. The race is non-competitive but times will be kept (and posted on the church website) for those in training or those who are trying to reach a fitness goal.

5k Cross Country Trail Walk

3.1 miles on cross country trails along the Allegheny River and on St. Bonaventure University's Campus. This non-competitive walk starts at the same location as the run and continues through the trail course.

**FREE T-Shirt to all paid participants, however, sizes are not guaranteed for those who register after July 1<sup>st</sup>. \*\*\*\*EXTRA T-shirts will be on sale the day of the race if available.**

Mail entries and entrance fees to (or drop-off at):  
BONAFEST 5K Run/Walk  
St. Bonaventure Parish  
95 E. Main Street  
Allegany, NY 14706

**Additional entry forms are at the Parish Office or online at: <http://www.stbonasparish.org>**

**Staff Contacts: Michele Trietley—373-6532      email address: [mtrietley@roadrunner.com](mailto:mtrietley@roadrunner.com)**

**Bill Sprague—372-4955      email address: [wksmls35@verizon.net](mailto:wksmls35@verizon.net)**

**BONAFEST 5K Run/Walk Entry Form (Please print)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email Address \_\_\_\_\_ (in case we need to contact you with any questions!!!)

Choose event: \_\_\_\_\_ 5K Walk \_\_\_\_\_ 5K Run

**Waiver: (MUST be signed by each participant!!)**

I waive and release any and all rights and claims for damages for me, my heirs, executors, and administrators that I may now or in the future have against St. Bonaventure Parish, the City and Town of Olean, St. Bonaventure University, Olean Chamber of Commerce, the Town of Allegany, event sponsors, their representatives, agents or assigns, for any and all losses and injuries suffered from or competing in the BONAFEST 5K Run/Walk. I grant full permission to St. Bonaventure Church to use photographs of me and/or my child for promotional purposes.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent's Signature for participants under 18 yrs of age:**

\_\_\_\_\_ Date: \_\_\_\_\_

Payment Enclosed:

\_\_\_\_\_ \$15.00 per person to include t-shirt to be given out on the day of the event (**t-shirt size not guaranteed if registering after July 1<sup>st</sup>**)

\_\_\_\_\_ Total enclosed

T-SHIRT SIZE \_\_\_\_\_

**\*\*Forms need to be filled out for each individual participant but can be mailed together if from the same household, with payment included.**

**Checks can be made payable to: BONAFEST**

For staff members purpose only:

Amount Received: \_\_\_\_\_

Date Received: \_\_\_\_\_