

ABOUT THE SUSAN B. ANTHONY 5K RACE

Founded in 1976, the Susan B. Anthony (SBA) 5K provides women runners and walkers a race event in which they are competing solely against other women. This race attracts competitive women runners as well as local fitness runners. For many, SBA will be their first race. In honor of Susan B. Anthony's fellow suffragette, Elizabeth Cady Stanton, The Buffalo Chips also hosts the free Elizabeth Cady Stanton Kids' 1/2 Mile fun Run. Post-race activities include refreshments, a kids' jump house, local vendors, a raffle, and prizes. For more information about the SBA race and our club, visit our website at www.BuffaloChips.com.

Location: Glen Hall Park, corner of Carlson & Sandburg, Sacramento, CA 95819

Course Description: The SBA course is a shaded, flat USATF certified loop course through the scenic River Park neighborhood.

Directions: From Hwy. 50 exit Power Inn Road/Howe Avenue. Go north approximately two miles to Fair Oaks Blvd. and turn left. Drive 3/4 mile to Carlson Drive and turn right. Glen Hall Park is one mile. Street parking is available close to the event.

Prizes include Mizuno footwear and giftbaskets containing Mizuno products and other goodies from our sponsors.



The first woman to finish the race in a skirt will be awarded a SkirtSports WonderGirl Running Dress!



THANK YOU SPONSORS!



EVENT SCHEDULE

Friday August 7, 2009 Packet pickup/registration
11am – 7pm At Fleet Feet
2311 J Street, Sacramento

Saturday August 8, 2009 Race Day!
6:30am – 8am Packet pickup
Registration
Kids fun run registration
7:30 am Jump house open
8:00 am Kid's 1/2 mile fun run
8:30 am Susan B. Anthony 5k start
9:30 am Awards and Raffle



The Susan B. Anthony 5K Race
is a HeadPhone Free Event!

34th Annual Susan B. Anthony 5K Race Registration Form

(One per Entrant)

Elizabeth Cady Stanton Kids 1/2 Mile Fun Race entrants register on race day.

PLEASE CHECK APPROPRIATE REGISTRATION BOX:

- Women's 5K Race Early Bird Registration Fee (before 7/26/09) \$25
- Women's 5K Race Registration Fee (After 7/26/09 & Race Day) \$35
- Students (19 & Under) 5K Race Early Bird Registration Fee (before 7/26/09) \$10
- Students (19 & Under) 5K Race Registration Fee (After 7/26/09 & Race Day) \$10

CIRCLE SHIRT SIZE:

XS S M L XL XXL

Make check payable to: BCRC/SBA

Mail entries to: SBA/CRRM P.O. Box 19027, Sacramento, CA 95819

First Name _____ MI _____ Last Name _____

Date of Birth _____ Age on 8/8/09 _____

E-mail Address _____

Street Address _____

City _____ State _____ Zip Code _____

Day Phone w/Area Code _____ Evening Phone w/Area Code _____

WAIVER (must be signed)

I, intending to be legally bound, for myself, my heirs, executors, administrators, waive and release any and all rights and claims I may have against the Buffalo Chips Running Club, the Road Runners Club of American, USATF, the City and County of Sacramento and all agents, promoters, sponsors, persons, officials, and organizations affiliated with the event for any and all injuries suffered by me while traveling to and from and while competing in the Buffalo Chips Running Club event. I further attest that I am physically fit and sufficiently trained for this event. I also give my permission for the free use of my name and/or photographs in any broadcast, telecast, newsprint or any other account of this event. I acknowledge I have read and fully understand my own liability and do accept the restriction. I have read and full agree to the above.

Signature (Parent/Guardian must sign if under 18 years of age) Date _____

Official Use Only _____