

4" back cover

4" front cover

15 3/4 wide

3 7/8" panel

3 7/8" panel

<https://runsignup.com/Race/NY/Bufalo/Subaru4MileChase>

www.buffalosubarurchase.com

**SUBARU BUFFALO
4 MILE CHASE**
697 West Delavan Avenue
Buffalo, NY 14222



Enter Early!
Shirts to the 1st
1400 Entries!

For Information Call:
716-881-1652
Online Registration

EAST >> Forest Avenue EAST >>

NORTH >>>

SOUTH >>>

WESTHERR northtown
NEW YORK

36th Running
SUBARU
Buffalo

4 Mile Chase

The social running event of the summer in the Elmwood Village

Friday, July 15, 2016 7PM

Proceeds to benefit
ECMC FOUNDATION & PAL

ECMC FOUNDATION BUFFALO POLICE PAL

Start Finish

Elmwood Avenue

Delaware Avenue



NORTH >>>

SOUTH >>>

<<< WEST Summer Street <<< WEST

EAST >> Forest Avenue EAST >>

NORTH >>>

SOUTH >>>

WESTHERR northtown
NEW YORK

36th Running
SUBARU
Buffalo

4 Mile Chase

ECMC FOUNDATION

Friday, July 15, 2016 7PM

Start Finish

Elmwood Avenue

Delaware Avenue

LPCiminelli
PEGULA SPORTS AND ENTERTAINMENT

ADPRO SPORTS
elite team gear

RONCO
SPECIALIZED

SINATRA
A COMPANY
REAL ESTATE

UB MD ORTHOPAEDICS
SPORTS MEDICINE

The Quatroche Family

Coles

Friends of Anthony Masiello

ETS
TACO & BREAD

MR. GOODBAR
SINCE 1916

pano's
ON ELMWOOD

McGarrets

FEEL RITE
FRESH MARKETS

Tim Hortons
CAFE & BAKE SHOP

Panera
BREAD

Councilmember Joe Golombek
Councilmember Joel P. Feroletto

ups The UPS Store

#GOT TRASH?

Kaleida Health

M&T Bank
Understanding what's important®

HART HOTELS

ELLICOTT DEVELOPMENT

Excelsior Orthopaedics

MISTER PIZZA
ELMWOOD

MULBERRY
Italian Ristorante

ACROPOLIS

FERN + arrow

COOL HAND CLOTHING

RECORDENE

MADE IN WNY
Coca-Cola

Certo Brothers
DISTRIBUTING COMPANY
Est. 1912

TOPS
Friendly Markets

See the difference.
GREAT LAKES
MEDICAL IMAGING

APOGEE PHYSICIANS

Photo of woman with flamingo shirt

Photo of flamingo in park

Photo of runner with American flag

Photo of runners with SUBARU 4 MILE CHASE banner

NORTH >>>

SOUTH >>>

<<< WEST Summer Street <<< WEST

EAST >>

SOUTH >>>

Pre-Race Party • Live Music
5:00 PM Mirage

- T-Shirts to the First 1400 Entries
- Free Kids Races
- Couples Division
- Very Deep Awards

Post-Race Party • Live Music
Live Music • Leon and the Forklifts
Complimentary Food & Refreshments

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Delaware Avenue

SOUTH >>>

<<< WEST

9" tall

3 7/8" inside panel 1

3 7/8" inside panel 2

15 3/4 wide

4" inside panel 3

4" inside panel 4

36th Running • Subaru Buffalo 4 Mile Chase • Friday, July 15, 2016, 7PM

AWARDS

AGE GROUPS: MALE - FEMALE - DEEP!

7-9, 10-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-over

Everyone gets an award in the 7-9, 10-12 & 13-14 divisions and 5 to 10 deep in other divisions. **DON'T MISS OUT ON YOUR AWARD!**

Please check the age group results that will be posted on the truck immediately after the race and pick up your award at the AGE GROUP AWARD TABLE.



PRIZE MONEY

ALL PRIZE MONEY WILL BE MAILED.

Athletes who participate in the event may be subject to formal drug testing.

PRIZE MONEY

COUPLES DIVISION PRIZES: \$150 • \$100 • \$50
US AND CANADIAN BORN AGE GROUP WINNERS 20-24 AND UP: \$50

NEW!

Open Male-Female

1st	\$1,000
2nd	\$500
3rd	\$300
4th	\$200



Masters Male-Female

1st	\$600
2nd	\$300
3rd	\$250
4th	\$200

US Male-Female*

1st	\$500
2nd	\$300
3rd	\$200
4th	\$100

TOP LOCAL MALE & FEMALE - \$50

Winners of prize money, not eligible for age group awards.

Masters are eligible for open prize money. No duplicate awards, one highest cash award only in any category.

COURSE RECORD BONUS

- Certified by USATF NY87016BT
- \$750 Masters Male & Female
- \$500 Open Male & Female
- \$500 U.S. Male & Female

* Must be US Citizen to be Eligible for US Prize Money

OPEN COURSE RECORDS: U.S. COURSE RECORDS:

Joseph Itati (KEN) 17:53 (2001) Peter Sherry 18:00 (1992)
Cynthia Limo (KEN) 20:03 (2014) Joan Nesbitt 20:46 (1992)

MASTERS COURSE RECORDS:

John Campbell (N.Z.) 18:31 (1990)
Elana Fidatoff (ROM) 21:08 (2002)

HOST HOTEL ROOM BLOCK - 7/14 & 7/15

Holiday Inn Downtown Buffalo
Reservations: 716-886-2121
Code: Subaru 4 Mile Runners
\$99 per night



At the request of Police and/or Traffic Officials, slower runners may be asked to continue on the sidewalk to maintain course safety.

FEEES • REGISTRATION COUPLES • KIDS RACES

PRE-RACE • US FUNDS ONLY CHECKS PAYABLE TO ECMC FOUNDATION

- \$25.00 - must be postmarked by July 12th.
- \$12.50 - 14 and under.
- \$7.00 - 73 and over.

\$20 Earlybird
Online or mail by 4/30

FREE - All overall winners (male & female) of road races of 5K or more held regionally, nationally, or internationally 1/1/16 - 7/11/16 are eligible for FREE entry to the Subaru 4 Mile Chase. Fill out entry form, attach your race, date held, distance and winning time. Verification will be made. **You must pre-register.** We reserve the right to refuse entry.

COUPLES DIVISION (M - F)

PRE-ENTRY ONLY

- \$25.00 - (U.S. FUNDS ONLY) per person
- Check Couples Division on registration form
- Both entries must be mailed in same envelope
- Also eligible for individual awards
- Couples Division closed to elite & invited runners

Prize \$\$
\$150, \$100, \$50

REGISTRATION

- Register **online** at www.buffalosubaruchase.com

RACE DAY • PACKET PICK-UP • FRIDAY, JULY 15TH

11AM UNTIL RACE TIME

BIDWELL PKWY & ELMWOOD AVE

- \$30.00 U.S. Funds - Cash, Check, Credit Card, Canadian at daily bank rate
- Pre-registered runners may pick up numbers and T-shirts on Bidwell Parkway next to 946 Elmwood Avenue
- No refunds

KID'S RACES • AWARDS AND SURPRISES FOR ALL

A special FREE Kids Race for boys & girls (5-6yr. olds, 30 yds; 7-8yr. olds, 40 yds; 9-10yr. olds, 50 yds) will begin at 7pm. Register onsite 3PM-6PM race day on Bidwell Parkway.

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REGISTRATION FORM
Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT 800-233-0393.**

Phone Number: _____
Emergency Phone Number: _____

M.I. CITIZENSHIP

PSN/BIB RACE USE ONLY

FIRST NAME

LAST NAME

NUMBER & STREET

TOWN/CITY

STATE/PROV. ZIP/POST CODE

EMAIL ADDRESS

SEX AGE

Information Phone Number (716) 881-1652
MAIL AND MAKE CHECKS PAYABLE TO:
ECMC Foundation
687 West Delaware Ave.
Buffalo, New York 14222



I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to, falls, contact with other participants, the effects of weather including heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone to act on behalf, waive and release Buffalo 4 Mile Chase, its directors, volunteers and all sponsors, the City of Buffalo, ECMC Corp., and ECMC Foundation their representatives and successors from all claims or liabilities of any kind out of my participation in this event before, during or after. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. **I also agree for the safety of those entered, in the event of unforeseen circumstances, dangerous, threatening or potentially harmful weather conditions which cause the race to be cancelled, NO refunds will be given and NO make-up date will be scheduled.**

Brent J. Nowicki (CAS/TAS) Race Counsel

FOLDING

