The social running event of the summer in the Elmwood Village
Friday, July 15, 2022; 7PM
Proceeds to benefit ECMC FOUNDATION & PAL

- Pre-Race Party • Music
- T-Shirts to the First 750 Entries
- Free Kids Races
- Couples Division
- Very Deep Awards

- Post-Race Party • Music
- Complimentary Food & Refreshments

Online Registration
https://runsignup.com/Race/NY/Buffalo/Subaru4MileChase

Enter Early! Shirts to the 1st 750 Entries!
40th Running • Subaru Buffalo 4 Mile Chase • Friday, July 15, 2022; 7PM

AWARDS

AGE GROUPS: MALE - FEMALE - DEEP!


Everyone gets an award in the 7-9, 10-12 & 13-14 divisions and 5 to 10 deep in other divisions. Couples division also 10 deep. 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 TENT.

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 1ST PLACE: $50
US AND CANADIAN BORN AGE GROUP WINNERS 20-24 AND UP: $50

Open Male-Female
1st $500
2nd $275
3rd $150

Masters Male-Female
1st $300
2nd $200
3rd $100

US Male-Female*
1st $400
2nd $250
3rd $125

TOP LOCAL MALE & FEMALE - $75

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

FEES • REGISTRATION COUPLES • KIDS RACES

PRE-RACE • US FUNDS ONLY

CHECKS PAYABLE TO ECMC FOUNDATION

• $35.00 - pre-entry only
• Also eligible for individual awards
• Couples Division closed to elite & invited runners
• 1st Place Prize $50

COUPLES DIVISION (M - F)

ONLINE PRE-ENTRY ONLY

• $35.00 - (U.S. FUNDS ONLY) per person
• Check Couples Division on registration form pre-entry only

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

11AM UNTIL RACE TIME

BIDWELL PKWY AT ELMWOOD AVE

• $40.00 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

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 5PM-6:30PM race day on Bidwell Parkway.

Online Registration

https://runsignup.com/Race/NY/Buffalo/Subaru4MileChase

Question/Information: 716-898-5800

RACE USE ONLY

PSN/BIB

Signature (Parents Signature, if under 18 years)   Incomplete or unsigned forms will not be accepted.

TOWN/CITY STATE/PROV.  ZIP/POST CODE

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. 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.

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.

#137804

STOP 154806922

USOC HOT LINE AT 800-233-0393.

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.

COURSES

OPEN COURSE RECORDS:
Joseph Itati (KEN) 17:53 (2001)
Cynthia Lim (KEN) 20:03 (2014)

U.S. COURSE RECORDS:
Peter Sherry 18:00 (1992)

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

At the request of Police and/or Traffic Officials, slower runners may be asked to continue on the sidewalk to maintain course safety. No walkers, no rollerblades, no pets.

Directions: www.buffalosubaruchase.com

PRE-RACE • US FUNDS ONLY

REGISTRATION FORM

First Name

Last Name

Age

TOWN/CITY

STATE/PROV.

ZIP/POST CODE

Number & Street

City/State/Zip

Signature

Mail and make checks payable to ECMC Foundation.