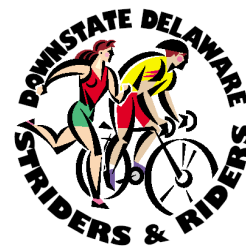


32nd ANNUAL

Saturday,
July 17, 2010
8:00 a.m.

Great Wyoming Buffalo Stampede 2010 5K & 10K The Best Little Race in America

Sponsored by



Place: Wyoming Park, Wyoming, DE (From Dover, head south on Rt. 13, turn right onto Rt. 10, which becomes Camden-Wyoming Avenue, turn right onto North Railroad Avenue and left onto Third Street. The park will be on your right.). Registration opens at 7AM.

Course: 5K/10K out and back course on mostly paved roads through orchards and scenic countryside. **USATF CERTIFIED.**

Registration: 5K & 10K—\$15 until July 4th, \$20 after and on day of event. Downstate Delaware Striders & Riders Club Members: \$12 until July 4th, \$17 after and on day of event. Registration opens at 7AM. Checks to: Downstate Delaware Striders & Riders, P.O. Box 1379, Dover, Delaware 19903-1379. Contact: Myles Standish at 302-697-8188. Email: stampede2010@ddsr.org. Register at **Active.Com** or on the Downstate Delaware Striders & Riders Web Site: www.ddsr.org.

Awards: \$100 cash prize for new 10K or 5K Run course record. **Our famous buffalo awards** go to 1st, 2nd and 3rd place male & female runners in 5 year age groups starting at 10 & under through 70 & over. 5K walk awards for the top 5 male & female finishers.

Entrants Receive:

1. 32nd Annual Buffalo Stampede shirts.
2. Post-race party at the Camden-Wyoming Moose Lodge. **LIVE MUSIC**, beer, sodas, shade, and picnic tables available for your enjoyment.
3. Food and other beverages available at a nominal cost. Soda's are free.

Course Records: 10K male - 30:32 Frank Sharkey, 1983
10K female - 35:29 Nadine Marks, 2000
5K male - 15:25 Mark Stalling, 2003
5K female - 17:12 Kate Fonshell, 1992

Please discourage unofficial entrants (bandits) from competing in our race. Bandits consume scarce resources and can delay or inhibit accurate race results. Unregistered runners, running with dogs, strollers, rollerblades, bicycles and the wearing of headphones are prohibited on the race course at any time to ensure the runners' safety and

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry to participate in the great Wyoming Buffalo Stampede 5K/10K/ Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release the Downstate Delaware Striders and Riders, the Town of Wyoming, the State of Delaware, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give my permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation thereof. By signing this waiver and release I certify that I fully understand its significance.

Age Day of Race _____ Sex: M F T-shirt Size: S M L XL

Print Name: _____ Email: _____

Address: _____
(Street or P.O. Box) City State Zip

Phone: () _____ Please Circle: 10K Run 5K Run 5K Walk

Signature: _____
(Signature of parent or guardian if entrant is under 18)