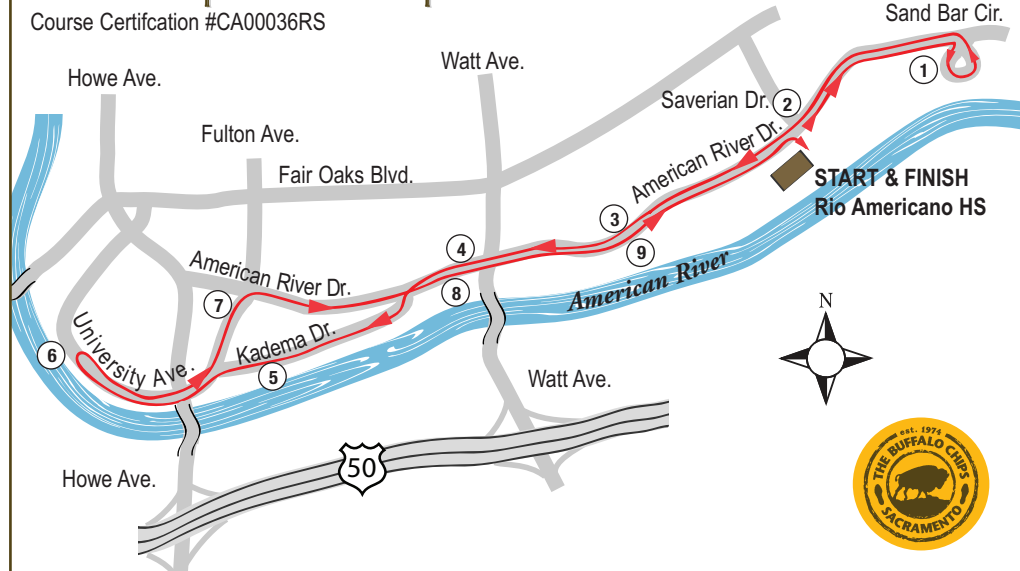




## Buffalo Stampede Course Map

Course Certification #CA00036RS



### Course Description

The Buffalo Stampede starts and finishes at Rio Americano High School in Sacramento, California. The flat, fast, certified, and scenic course is on wide, paved and shaded streets in the well-established suburban neighborhoods of East Sacramento. Well-stocked aid stations and helpful volunteers will provide you with a wonderful fall running and racing experience!

### Directions

The race start & finish are at Rio Americano High School, 4540 American River Dr., Sacramento, CA 95864

- Exit Hwy. 50 at Watt Ave. North.

- Merge onto Watt Ave.
- Take the American River Dr. ramp.
- Keep right at the fork to go onto American River Dr.
- Go east approx. 1.5 miles.
- Free parking at school.
- Please do not park on American River Dr.
- Early arrival & carpooling is highly recommended!



## 34<sup>th</sup> Annual Buffalo Stampede

### Entry Form

Please —

- Print clearly.
- Be sure to read, sign, date the waiver.
- Absolutely no refunds.

Check event you are entering.

- 10-Mile Run (faster than 10 min./mi. pace)
- 10-Mile Migration (slower than 10 min./mi. pace)
- Kids 0.5-mi. Fun Run

Circle gender: M F

Age on 9/7/2008 \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
mo. day yr.

Check division.

- |                                     |                                |                                     |
|-------------------------------------|--------------------------------|-------------------------------------|
| <input type="checkbox"/> 14 & Under | <input type="checkbox"/> 30-34 | <input type="checkbox"/> 55-59      |
| <input type="checkbox"/> 15-19      | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 60-64      |
| <input type="checkbox"/> 20-24      | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 65-69      |
| <input type="checkbox"/> 25-29      | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 70 +       |
|                                     | <input type="checkbox"/> 50-54 | <input type="checkbox"/> Wheelchair |

Amount enclosed: \_\_\_\_\_ Make check payable to BCRC.

**IMPORTANT!** Mail to Buffalo Stampede/CRRM, P.O. Box 19027, Sacramento, CA 95819, postmarked by Aug. 30.

### Race Day Schedule

Sunday, September 7, 2008

Rio Americano High School

- 6:15 a.m. - 7:00 a.m.: Late Registration & Packet Pickup
- 7:00 a.m.: 10-Mile Migration Start
- 8 a.m.: 10-Mile Race Start
- 10:00 a.m.: Kids 0.5-mi. Fun Run, Rio Americano HS Track
- 10:30 a.m.: 10-Mile Awards Ceremony



### Important Rules & Guidelines

- ➔ Event will be held rain or shine.
- ➔ No pets, baby joggers, headphones, skate-boards or roller blades on the course.
- ➔ Absolutely no refunds.
- ➔ **Do not mail your entry after August 30!**

The Buffalo Stampede is everyone's favorite training run for these excellent local events!

4<sup>th</sup> Annual Cowtown Marathon, Half Marathon, 5K

www.sacramentocowtownmarathon.com  
Sacramento • Sunday • October 5, 2008



8<sup>th</sup> Annual Lake Natoma Four Bridges Half Marathon & 3-Person Relay

A perfect training run for the CIM!  
www.fourbridgeshalf.org  
Folsom • Sunday • October 26, 2008



### Entry Fees

- \$25.00 postmarked/on-line by July 31, 2008
- \$35.00 postmarked/on-line by Aug. 30, 2008
- **Do not mail after Aug. 30!**
- On-line registration closes Sept. 3.
- \$45.00 from Aug. 31 through Sept. 7, 2008

### Entry Options

- The **BEST** option: **on-line** at www.active.com until Sept. 5.
- Mail entry to: Buffalo Stampede/CRRM, P.O. Box 19027, Sacramento, CA 95819, postmarked by Aug. 29.
- Enter on September 6 at Fleet Feet, 2311 J St., Sacramento.
- Accepted but not recommended: Enter race day, Rio Americano HS, 6:15 a.m. - 7:00 a.m.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Day Phone with Area Code \_\_\_\_\_

Evening Phone with Area Code \_\_\_\_\_

**Waiver: (MUST BE SIGNED)** I know that road running is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run the run. I assume all risks associated with running in this event including but not limited to: contact with other runners, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver, and knowing these facts, and in consideration of accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Buffalo Chips Running Club, the Road Runners Club of America, USATF, the City and County of Sacramento, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though the liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature (parent or guardian must sign if entrant is under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_