

# Join in the Fun at Good Old Days!



40th Annual Buffalo Run - July 15<sup>th</sup>, 2023

Good Old Days – St. Ignatius, Montana

**COURSE:** In and around the town of St. Ignatius, MT (mostly flat).

**START:** All runs start promptly at 8:00 a.m. on Main Street in front of Gambles (112 N Main).

**ENTRY DEADLINE:** July 12<sup>th</sup>, 2022: All entries postmarked after that date will be considered “day of” registrations. T-shirts limited to the supply available on race day. For more information contact Whitney Liegakos directly at 406-528-5262.

COMPLETE THIS ENTRY FORM OR SIGN UP ONLINE

[RUNSIGNUP.COM/RACE/MT/SAINTIGNATIUS/GOODOLDDAYSBUFFALORUN](https://RUNSIGNUP.COM/RACE/MT/SAINTIGNATIUS/GOODOLDDAYSBUFFALORUN)

Please make checks payable to: SLCH Foundation

107 6th Avenue SW, Ronan, MT 59864

First Name	Last Name
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Email	Phone Number
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RACE	AGE	SHIRT SIZE	DIVISION	FEES
<input type="checkbox"/> 1 Mile Fun Walk/Run	<input type="checkbox"/> Under 10	<input type="checkbox"/> Youth M	<input type="checkbox"/> Male	- Regular Rate (3/1 to 7/12): 1 mile \$18, 4 or 7 mile \$20
<input type="checkbox"/> 4 Mile Run	<input type="checkbox"/> 10-15	<input type="checkbox"/> Adult XS	<input type="checkbox"/> Female	- Same Day Rate (7/13 to 7/15): 1 mile \$20, 4 or 7 mile \$25
<input type="checkbox"/> 7 Mile Run	<input type="checkbox"/> 16-20	<input type="checkbox"/> Adult S		+ \$10 for youth shirt
	<input type="checkbox"/> 21-30	<input type="checkbox"/> Adult M		+ \$15 for adult shirt
	<input type="checkbox"/> 31-40	<input type="checkbox"/> Adult L		
	<input type="checkbox"/> 41-50	<input type="checkbox"/> Adult XL		
	<input type="checkbox"/> 51-60	<input type="checkbox"/> Adult XXL		
	<input type="checkbox"/> 60-69			
	<input type="checkbox"/> 70+			

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, hereby release and discharge the St. Ignatius Chamber of Commerce, St. Luke Community Healthcare, their agents, employees and all others associated with this event, from any and all claims for damages, actions demands and injuries arising out of my participation in the event. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, video, or electronic recording of this event for legitimate purposes. I confirm that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate in it.

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Signature of Runner or Parent or Guardian if runner is under 18