

# COURSE MAP

## FG III Memorial 5K Angola, NY



**Certified Course**  
NY15901JJ  
Effective: 6/15/2015  
Through: 12/31/2025

Course Distance:	5 Km
Date Measured:	June 13, 2015
Measured By:	Jeff John BuffaloRunners.com
Modified Course:	NY15019JJ

### MILE SPLITS

**START** 9455 Lake Shore Rd (Arthur J Schmidt Elementary School), between the two school driveways, and 87.5 feet north-east of Pole # NR 141 and 49 feet south-west of Pole NR 142.

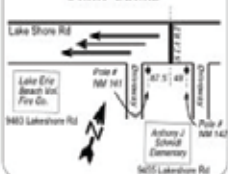
**1 MILE** Past 369 Kennedy Ave. and 99 feet past Pole # NR 24 (between Lenox St and Kenmore St).

**2 MILE** Past 401 Glenhollow Ave and 1 foot past sewer drainage grate (north side) and 76 feet before yellow fire hydrant.

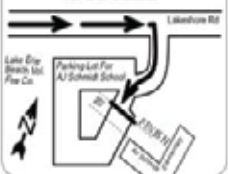
**3 MILE** On Lake Shore Rd at south-west edge of the Fire House property, and 23 feet past Pole NR 136, and 54 feet before Westwood Rd.

**FINISH** In the east branch of the parking lot of the AJ Schmidt Elementary School at 9455 Lakeshore Rd, and 12' north of big unnumbered lamp pole and 20' north of the north edge of the school building.

### START DETAIL



### FINISH DETAIL



**NEW IN 2017! WE WILL ACCEPT CREDIT CARDS AT THE EVENT!**

## THE FREDERICK GARRASI III MEMORIAL FUND

would like to thank all of our past sponsors and participants!

[FGIII5K.COM](http://FGIII5K.COM)

# FREDDY'S STORY

Frederick Garrasi III was a 24 year old man with a unique passion for life when he was killed in a tragic motorcycle accident on May 3, 2013.

Freddy was raised in the Town of Evans, and was a graduate of the Lake Shore Central School District and Erie Community College. He was known as a friend to everyone, and had a reputation as a reliable and kind-hearted young man who was dedicated to his family, friends, and community.

At the time of his passing, Freddy had recently achieved a life-long goal of being appointed as a full-time patrolman for the Town of Evans Police Department.

Freddy's family & friends established the Frederick Garrasi III Memorial Fund in Freddy's memory, with the goal of providing two annual \$1000 scholarships to graduating seniors at Lake Shore High School.

The Compassionate Mentor Award is given to a young man or young woman who exhibits the qualities of compassion, kindness, and community involvement that Freddy demonstrated to us all. It is awarded to a college-bound student who actively works to be a good friend and neighbor to our community.

The Patrolman Award is given to a young man or young woman who also exhibits compassion, kindness and community involvement, and in addition is a college-bound student who will pursue a career in law enforcement.

The proceeds raised from the Frederick Garrasi III Memorial 5K Event are used toward funding these scholarships.

*TO LEARN MORE ABOUT THE SCHOLARSHIPS & ORGANIZATIONS FUNDED PLEASE VISIT:*

[WWW.FGIII5K.COM/FREDDY](http://WWW.FGIII5K.COM/FREDDY)



**FGIII Memorial Fund**  
88 Middle Lane • Angola NY 14006.



5<sup>TH</sup> ANNUAL

# FREDERICK GARRASI III MEMORIAL 5K



*Walk  
- or -  
Run!*



**SUNDAY JUNE 11, 2017**  
**10:15 AM**

**LAKE ERIE BEACH FIRE HALL**  
- 9483 LAKESHORE RD, ANGOLA, NY 14006 -

*Proceeds benefit the*  
**FREDERICK GARRASI III MEMORIAL FUND**

*providing scholarships to*  
**Lake Shore Central High School students**  
*and benefitting other various organizations*

[WWW.FGIII5K.COM](http://WWW.FGIII5K.COM)

**DATE & TIME**

**SUNDAY, JUNE 11, 2017**

Check-In & Day of Registration.....**8-9:45am**

Run/Walk begins at.....**10:15 am**

Awards Ceremony.....**11:30am**

**AWARDS**

**\*\*Timing & Scoring By It's Your Race\*\***

**OVERALL MALE AND OVERALL FEMALE WINNER  
TOP 3 MALE AND TOP 3 FEMALE RACERS**

in the following age groups:

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65-69 and 70+

**LOCATION**

**Lake Erie Beach Volunteer Fire Company**  
9483 Lakeshore Rd • Angola, NY

**ENTRY FEES**

Pre-Registration received by 5/28/17.....**\$30**

Youth Registration (under 21 on race day).....**\$15**

Registration after 5/28/17 & Day of Registration.....**\$35**

***First 400 registered by 5/28/17  
receive a race T-Shirt / Tank Top***

**AFTER PARTY AT FIRE HALL  
NOON – 4PM**

**REGISTRATION INCLUDES WRIST BAND FOR  
FAMILY-FRIENDLY AFTER PARTY!**

***Party includes:***

beer/wine, pop, food, kid's activities, live music,  
50/50 & basket raffles!

After Party wrist bands available day-of  
to non -racers for **\$10**

**5<sup>TH</sup> ANNUAL**

**FREDERICK GARRASI III  
MEMORIAL 5K**

**MAIL-IN REGISTRATION FORM  
ONE PARTICIPANT PER FORM**

*Please Print Legibly - Form must be filled out  
completely to guarantee registration!*

*Walk  
- or -  
Run!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Gender (circle please):      Male                  Female

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age on 6/11/17: \_\_\_\_

Shirt Preference (Circle choice please): Shirt Guaranteed only if registration received by 5/28/17!

T-SHIRT    - OR -     TANK TOP

X-Small    Small    Medium    Large    X-Large

2X-Large    3X-Large    4X-Large

***\*The first 400 Registrants will receive a shirt.***

Please Indicate Additional Shirt(S) Ordered (**\$10 Each**)

Fee Enclosed:

\$30 Pre-Registration (must be received by 5/28/17)

\$35 Received after 5/28/17

\$15 Youth Registration (Under 21 years old on 6/12/17)

\$10 EACH Additional T-Shirts/Tanks (order must be received by 5/28/17)

I am unable to attend, but have enclosed a donation to the FGIII Memorial Fund

**Please make checks payable to:  
FGIII Memorial Fund**

**Please return to:**  
**FGIII Memorial Fund**  
88 Middle Lane  
Angola NY 14006.



WAIVER: I know that running a road race is potentially hazardous activity, which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the 5th Annual FGIII Memorial 5k, The Town of Evans, Lake Erie Beach Fire Company, all event 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 grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant's Signature: \_\_\_\_\_