

COURSE MAP

FG III Memorial 5K
Angola, NY



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

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.

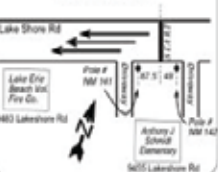
1 MILE Past 369 Kennedy Ave. and 99 feet past Pole # NR 24 (between Lenox St and Fenimore St).

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

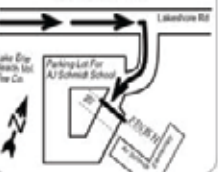
3 MILE On Lake Shore Rd at south-west edge of the Fire House property, and 23 feet past Pole NR 136, and 54 feet before Westwood Rd.

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



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

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 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 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 proceeds raised from the Frederick Garrasi III Memorial 5K Event are used toward funding these scholarships, along with other various organizations.



FGIII Memorial Fund

88 Middle Lane • Angola NY 14006 • 716-549-8457

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

WWW.FGIII5K.COM/FREDDY

8th Annual
FREDERICK GARRASI III
MEMORIAL 5K



Join us for the
AFTER PARTY!



JUNE 14 • 2020 at 10:00 AM

LAKE ERIE BEACH FIRE HALL • ANGOLA NY

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



MAIL-IN REGISTRATION FORM
ONE PARTICIPANT PER FORM

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

DATE & TIME

SUNDAY, JUNE 14, 2020

Check-In & Day of Registration.....**8-9:45am**
Run/Walk begins at.....**10:00 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 5/20/2020.....**\$30**
Youth Registration (under 21 on race day).....**\$15**
Registration after 5/20/2020 & Day of Registration....**\$35**

***First 200 registered by 5/20/2020
receive a race T-Shirt / Tank Top***

AFTER PARTY AT FIRE HALL
NOON – ?

**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**

Walk
- or -
Run!

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Gender (circle please): Male Female

Birthdate: ____/____/____

Age on 6/14/2020: ____

Shirt Preference (Circle choice please): Shirt Guaranteed only if registration received by 5/20/2020!

T-SHIRT - OR - TANK TOP

Youth Small Medium Large X-Large
2X-Large 3X-Large 4X-Large

****The first 200 Registrants will receive a shirt.***

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

Fee Enclosed:

- \$30 Pre-Registration (must be received by 5/20/2020)
- \$35 Received after 5/20/2020
- \$15 Youth Registration (under 21 years old on race day)
- \$10 EACH Additional T-Shirts/Tanks (order must be received by 5/20/2020)
- 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.



Call Fred or Renee at 716-549-8457

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 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: _____