

FOREVER FRIENDS MEMORIAL RUN
Twelfth Annual 5K Race and Walk

DATE/TIME: Sunday, September 15, 2013, 1:00pm (rain or shine)

LOCATION: ELCO High School, Myerstown, PA 17067

BENEFIT: Abe Wagner Memorial Fund, Brandon Blauch Memorial Fund, ELCO Education Foundation Association Scholarship Fund

SPONSORED BY: ELCO Wrestling Boosters, Chad Miller, Advisor

REGISTRATION: **\$20.00 if post-marked by September 6, 2013 includes long-sleeved screen printed DRI-FIT shirt** (\$12.00 pre-registration with no shirt)

NOTE: **RACE DAY REGISTRATION - \$12.00 - NO SHIRT INCLUDED**
 (SHIRTS MAY BE PURCHASED RACE DAY FIRST-COME/FIRST-SERVED FOR \$15.00)

AMENITIES: Refreshments. Door-prizes. Restrooms. Music.

PACKET PICK UP: Sunday, September 15, 2013, High School Stadium, Registration open 11:30am to 12:30pm

COURSE: Measured On Road / Off Road

PRIZES: **RACE/WALK MUST BE COMPLETED IN 54 MINUTES TO BE ELIGIBLE FOR AWARDS.**
 Prizes awarded to male/female over-all and three places (one in 70+) in each age/gender category. Awards ceremony and door-prize drawings at approximately 2:00pm. No mailed awards.

QUESTIONS: Email ffr5k@yahoo.com or call Alice Wagner at 717-949-2400

LAST NAME				FIRST NAME									
ADDRESS							PHONE						
CITY							STATE		ZIP CODE				
SEX	M	F	DATE OF BIRTH	___/___/___	T-SHIRT SIZE	Youth	L	Adult Sizes	S	M	L	XL	XXL
AGE CATEGORY ON RACE DAY		10 & under	11-14	15-19	20-29	30-39	40-49	50-59	60-69	70+			
E-MAIL _____													

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge, ELCO Wrestling Boosters, Eastern Lebanon County School District and any subcontractors it utilized, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the all parties involved with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

I HAVE READ AND UNDERSTAND THIS WAIVER:

SIGNATURE _____ DATE ___/___/___
 (If under 18 years of age legal guardian must sign.)

Thank you for any additional donation \$ _____ Total Enclosed \$ _____

CHECK PAYABLE TO: Forever Friends Memorial Run MAIL TO: Forever Friends Memorial Run, c/o Chad Miller, ELCO High School
 180 ELCO Road, Myerstown, PA 17067