

4th Annual Black Sheep 5K Run

SUNDAY APRIL 26, 2009 9 AM

PERKIOMEN TRAIL - AT OAKS EXIT OFF 422 WEST OF VALLEY FORGE

BENEFITS THE WHEELED SCOTSMAN SOCIETY
(Helping families make their homes handicapped accessible)

A RACE EXCLUSIVELY LIMITED TO RUNNERS THAT PUSH A BABY JOGGER, WEAR HEADPHONES, RUN WITH A DOG ON A LEASH OR MULTIPLE ONES AT THE SAME TIME. ALSO, A NORMAL 1 MILE KIDS FUN RUN.

COOL MAX SHIRT TO ALL 5K PREREGISTERED AND TO POST REGISTERED WHILE THEY LAST!
Cotton T-shirts to all kids run preregistered and post registered while they last. Medals for all kids run finishers

Registration & Cost: Opens at 7:45 A.M to 8:45 A.M the morning of the race, Kids Run Starts at 9:00am and the 5k starts at 9:30am. 5k fee: \$18 if registered by 4/18, \$22 after. Kids Run Fee: \$12 if received by 4/18, \$17 after. (Note: if desired, race packet can be picked up the Fri & Sat before the race at Born To Run, Springhouse Plaza, 901 N. Bethlehem Pike, Springhouse, PA 19477 (call for hours). Can also post-register for either race on those 2 days at the store for the pre-reg price!!!) Registration is also available at WWW.ACTIVE.COM.

Awards: No age groups; Top male and female in each category (no repeats) plus:
Dogs on Leash (no biters): Top 5-M & F, Baby Joggers (no biters here either): Top 5-M & F
Headphones (no player need be attached): Top 5-M & F

Mail registration form & check payable to "Born to Run" to: Born to Run, P.O. Box 854, Springhouse, PA 19477. Race Director: Hilary Goodman, 215-641-0410, hgood85@aol.com

Last name _____ First name _____

Address _____ City _____ State ____ Zip _____

Race (circle one): Dog Baby Jogger Headphone Sex: M F

Email: _____

Shirt Size (Circle One): Kids S Kids M Kids L Adult S Adult M Adult L Adult XL

WAIVER AND RELEASE I am aware that running a road race is a potentially hazardous activity. I should not enter into same unless I am medically able and properly trained to do so. I am also aware that other individuals will be utilizing the trail and the course route. I hereby assume any risk associated with running this event including but not limited to falls, contact, weather, hazardous trail conditions (such as ice or ruts) and all such risks known to me. I understand that there will be baby joggers and animals on the race course and as a result there are certain inherent dangers that are out of the control of the race sponsors. I hereby for myself, my heirs, my executors or anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge any sponsor or anyone acting on their behalf from any and all claims for liabilities resulting in personal injury, property damage or death resulting from my participation in this event. I am also authorizing the participation of a child under the age of eighteen (18) years of age, and I warrant and represent that I have the full authority to do so. I additionally grant full permission to the event to use any image, in any format or media, for the recording of this event. By signing this document, I attest that I have read and fully understand this Waiver.

Signature _____

Date ____/____/2009