

Sugarloaf Bicentennial 4Miler



2009 is a very significant year for road racing in Northeast PA as we celebrate the 100th Anniversary Running of the Berwick Run for the Diamonds and a one time event celebrating the Sugarloaf Bicentennial. Certainly it would be a once in a lifetime opportunity to participate in both events.

Trophies: Overall Male and Female First Valley Male and Female Age group medals
Commemorative Bicentennial Medal to all finishers

Where: Larock Grove, Sugarloaf, just east of Route 93 on East County Road

When: Saturday September 5th at 9am

Entry fee: \$15 pre registration(post-marked by August 31st) \$20 race day

Entry Form

Name _____ **Ph** _____

Address _____ **email** _____

City/St/Zip _____ **Age as of 09/05/2009** _____

DOB _____ **Sex** M F **Shirt** S M L XL 2XL **Waiver:** If necessary, I hereby authorize

the above-named runner to be treated by any qualified, licensed and medical personnel. 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 agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather, traffic conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act of my behalf, waive and release the Valley Running Club, Inc., Insta Results Timing, Sugarloaf Twp Supervisors/Committees and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ **Date** _____

Please use parent signature if under age 18 Check payable to: **Valley Running Club, remit to :**
VRC, P.O. Box 333 Drums PA 18222Contact: Mike Palermo 570-459-1110 or mikepal@epix.net