

5k Walk/Run in Memory of Ian J. Pope

Date: Sunday April 18, 2010
Time: Registration begins at 8:30 am and race will begin at 10:00 am.
Place: Kirby Park
Cost: \$12 for students (college students included) and \$15 for adults. **Tee shirt will be guaranteed if registered before March 25, 2010.** Late registrations will be accepted up to and including the date of the race.

Awards will be given to top 3 males and top 3 females in the following age groups:
13 and under, 14-18, 19-23, 24-29

Awards will be given to top male and female in the following age groups:
30-39, 40-49, 50-59, 60 and up

Registration forms and fees can be mailed to
Sami Muth, 1601 Lincoln Ave. Nanticoke, PA 18634

For more information e-mail muthie6292@msn.com.

Proceeds benefit the Ian J. Pope Scholarship Award to Holy Redeemer High School

*** Make check payable to Ian James Pope Memorial Fund**

Entry Form for 5k walk/run in memory of Ian J. Pope – April 18, 2010

Name: _____ Phone: () _____

Address: _____ City: _____

State: _____ Zip: _____ E – Mail: _____

Age: _____ Sex: _____ T-Shirt Size: (circle one) S M L XL

Authorization and Waiver and Release of Liability

If necessary, I hereby authorize the above-named runner to be treated by any qualified, licensed medical personnel. I hereby certify that I am physically fit and have trained for this event. 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 trail, 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 on my behalf, waive and release Holy Redeemer High School, any race staff, the city of Wilkes-Barre, and all sponsors and 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.

Signature of Runner

Date

Signature of parent if runner is under 18 Date

