

RUN 4 SAM

SUNDAY AUG 24, 2008

GRING'S MILL

READING, PA



Registration begins at 9:00am

Race start time 10:00am; Walk start time 10:15am

4 mile Run, 2 mile Walk, and Kids Fun Run (ages 12 and under)

Kids Run to start after completion of participants.

www.run4sam.net

SPONSORED BY:

Partner's Design; St Joseph's Medical Center ; Overhead Door of Reading; Boston Scientific; Reading Pediatrics, Inc.; West Lawn Auto Body, Inc.; Safire Home Furnishings;

What's this race about: Proceeds for this race will go in part to a scholarship fund in Sam's name and in part to Gring's Mill and the operation and maintenance of the Union Canal trail. For more complete information check out our web site www.run4sam.net

Course: Wheel measured course; professionally timed. Start at Gring's Mill, one of the region's most beautiful courses. Run over several historic bridges that cross the Tulpehocken Creek. Race on shaded, mostly flat, cinder path, some grass and road.

Awards to: Top 3 OVERALL Males/Females and top 3 males/females in each age group

18 & under 19-29 30-39 40-49 50-59 60 & over

Grab Bags for all Kids Run finishers.

Entry

Runners: \$17 if postmarked by Aug 11, 2008 (includes t-shirt); **\$22** afterwards and inc. day of race: (includes t-shirt, until gone)

Walkers: \$12 if postmarked by Aug 11, 2008 (includes t-shirt); **\$17** afterwards and inc. day of race: (includes t-shirt, until gone)

KIDS RUN: \$3 if postmarked by Aug, 11 2008; **\$4** day of race

Make Checks Payable to: **RUN 4 SAM, Inc.**

Mail check and release below to: Run 4 Sam, Inc., 311 Sunshine Rd. Reading, PA 19601

Race Director: Peggy Reed; contact email (preferred) email@run4sam.net cell (610)698-6165

Please PRINT CLEARLY

First Name _____ **Last Name** _____

Street Address _____

City _____ **State** _____ **Zip** _____

Email _____ **Already receiving PCS E-Mails?** Y N

Race day age _____ **Date of Birth** ____/____/____ **Sex** M F

Shirt Size S M L XL

Race will be professionally timed by Pretzel City Sports (PCS)

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 Pretzel City Sports, Run4Sam, Inc, BerksCo, the race committee, volunteers, and and all sponsors including their agents, employees, assigns, or anyone acting 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. 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 all parties affiliated 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: (if under 18, legal guardian must sign)

Signature _____ **Date** ____/____/____