



Run4Sam'10

Sunday 8/22/10 @ Gring's Mill Park

Registration begins at 8:15 AM

Race Start Time: 9:30 AM – Walk Start Time: 9:45 AM (rain or shine)
 (4 mile run or 2 mile walk – also Kids Fun Run (ages 12 & under) will start after race/walk)

SPONSORED BY: *Medtronic, St. Joseph's Medical Center, "A Friend", Safire Home Furnishings, The Koppenbergs, Wyomissing Animal Hospital, Leisawitz, Heller, Abramowitch, Phillips PC, East Penn Mfg, Co, Ed & Ellen Goss, Raymond & Carole Neag*

Proceeds from this race/walk will benefit both a scholarship in Sam Reed's name, as well as to support the operation and maintenance of the Union Canal trail at Gring's Mill Park. For more information, check out our website at www.run4sam.net.

Course: Wheel-measured course; professionally timed. Start at Gring's Mill, one of the region's most beautiful courses. Run along the serene Tulpehocken Creek on the historic Union Canal towpath. Race/walk on shaded, mostly flat, cinder path with some grass and road.

Awards to: Top 3 **OVERALL** Males/Females and top 3 males/females in each age group.
Age groups consist of: 18 & under, 19-29, 30-39, 40-49, 50-59, and 60 & over)
 Grab bags for all Kids Run finishers!

Entry information for individual participants:

Runners - **\$17/person** (if postmarked by Aug. 9, 2010) - **\$22/person** if postmarked after Aug. 9, 2010 (including day of race)

Walkers - **\$12/person** (if postmarked by Aug. 9, 2010) - **\$17/person** if postmarked after Aug. 9, 2010 (including day of race)

(Above entries include a T-shirt, while supply lasts)

Kids Run - **\$3/person** (if postmarked by Aug. 9, 2010) - **\$4/person** (if postmarked after Aug. 9, 2010 or day of race (does not include T-shirt)

****Register as a Team of 5 or more for a discount. Special prizes awarded to Top 3 teams****

(More information and Team registration form on our website www.run4sam.net or contact the *Race Director, Peggy Reed.

Make checks payable to: **Run 4 Sam, Inc.**

Mail application & check to:

Run 4 Sam, Inc.
311 Sunshine Rd.
Reading, PA 19601

***Race Director:** Peggy Reed – to contact (email preferred) email@run4sam.net or cell (610) 698-6165

PLEASE PRINT **CLEARLY**:

_____ Date of Birth: _____ Age day of race: _____
 (First Name) (Last Name)

Address: _____ Apt. # _____ (City) _____ (State) _____ (Zip Code)
 (Street)

Email: _____ Phone No.: _____ Gender: M or F (please circle one)

Shirt Size (circle one): **Small Medium Large X-Large** Please circle one: **Run Walk Kids Run**

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

****Waiver:** I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any or all other risk 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 trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee. Thereby 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, Berks Co, the race committee, volunteers, 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 likeness 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:** _____