

4th Annual
Richland
 Community Days

3rd HOWL AT THE MOON

TWILIGHT 5K RUN

August 13, 2011 6:30pm



All proceeds benefit East Hills Recreation and the Richland HS Cross Country Teams

Cost: \$12 Early Bird for registrations postmarked by July 31, 2011
 \$15 for those postmarked after July 31, 2011
 \$20 race day (no t-shirt)

Please make checks payable to: **EAST HILLS RECREATION/5K RUN**
 Sign in & Race day registration begins at 5pm @ Richland Fieldhouse

ALL PRE-REGISTRANTS WILL RECEIVE A T-SHIRT
RUN BEGINS AT THE Richland HS FLAGPOLE -- Municipal Bldg side

Registration Form

Detach and return to:

Richland High School/Attn Pat Shirt/One Academic Avenue/Johnstown, PA

Name: _____ Age(on race day) _____
 Address: _____
 E-Mail: _____ Gender: F ___ M ___
 Phone: _____ T-shirt Size S M L XL

AgeGroup: 14 & under ___ 15-19 ___ 20-29 ___ 30-39 ___
 40-49 ___ 50-59 ___ 60-69 ___ 70+ ___

Release & Consent Form: In consideration of the acceptance of my/my child's entry, I for myself/my child, my/my child's executors, administrators, heirs and assignee do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims, damages and actions whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any/all of the foregoing use to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Signature of Participant _____
 (guardian signature if participant is under the age of 18 yrs old)