

2<sup>nd</sup> Annual  
Cambridge Springs Volunteer Fire Department

5K Run / Walk

July 28<sup>th</sup>

with a 9:00 a.m. start time

Registration (7:30 am to 8:45 am) at Carnival grounds

All proceeds benefit the Cambridge Springs Volunteer  
Fire Department.

☞ Top 3 male and top 3 female runners receive trophies

☞ Age Groups:      14 and Under                      40 to 49  
                         15 to 19                                      50 to 59  
                         20 to 29                                      60 to 69  
                         30 to 39                                      70 and Up

\$10.00 Pre-registration guarantees a t-shirt!

\*Must pre-register before July 16th

\$12.00 Day of Race / Walk

Make Checks Payable to: CSVFD

Send to: 302 Venango Avenue, Cambridge Springs, PA 16403

For Information Call: Jim Reagles at 398-4914

or

Nancy Hanks at 398-4536

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender:  Male     Female    Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Runner     Walker

Shirt Size:     S     M     LG     XLG     XXLG  
(adult sizes)

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Cambridge Springs Volunteer Fire Department, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs in which they appear in connection with this event. I understand that, should I fail to pick up any items due me (premiums or prizes) by 4:00 on race day, they will be forfeit and may not be available.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_