

# **BLAZING 5K RUN / WALK**

## **FRIDAY, JUNE 25th, 2010**

### **DATE & TIMES:**

*Friday evening, June 25<sup>th</sup>, 2010*

*Registration 5:00 pm to 6:45 pm, Race begins @ 7:00 pm*

*Fee: \$17.00 After June 1st ADD \$3.00*

### **LOCATION:**

*Rosedale VFD, 5806 Verona Rd, Verona, PA (Penn Hills)*

### **POST RACE:**

*Pasta dinner, water, juice, & beer will be provided.*

### **AWARDS:**

*Awards will be given for top 3 overall male and female and to the top 3 male and female in each age group. Awards given for 1<sup>st</sup> Penn Hills Resident and 1<sup>st</sup> Firefighter also. No duplications on awards. T-shirts guaranteed to all preregistered runners.*

*Please make checks payable to: Rosedale VFD, credit cards accepted also.*

**MAIL TO: Blazing 5K, Rosedale VFD, 5806 Verona Rd, Verona, PA 15147**

*Any questions call 412-798-0412 or 412-916-3368*

*Or email rosedaleblazing5k@yahoo.com*

### **ENTRY FORM:**

**Name** \_\_\_\_\_ **Date** \_\_\_\_ - \_\_\_\_ - \_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Sex** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email** \_\_\_\_\_ **Age on 6-25-10** \_\_\_\_\_

**Penn Hills Resident?** Y N **Firefighter?** Y N

**T-Shirt size:** Youth S M L Adult S M L XL (circle 1)

**Division:** 15 & under 16-19 20-24 25-29 30-34 35-39

40.44 45-49 50-54 55-59 60-69 70 & older (circle 1)

### **ROSEDALE VFD BLAZING 5K RUN/WALK LEGAL WAIVER**

*In consideration of the acceptance of this entry in the Rosedale VFD Blazing 5K Run/Walk, to be held July 10, 2009, I, the undersigned participant (or legal guardian if under 18 years of age), intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, hold harmless, waive, release, and forever discharge any and all rights and claims for damages which may hereafter accrue to me, against any and all persons, organizations, and legal entities affiliated with this race, for any and all damages which may be sustained or suffered by me in connection with this race. I also attest that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in this event and that no physician or qualified individual has advised me against competing.*

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_