

**The 2nd Annual Beech Mountain
5k Run/Walk & 10k
October 4, 2014 10:30am
Registration @ 8:30am**



Location: Beech Mountain Lakes – Race Start at Campground – past clubhouse (Drums, PA)
 Course: Winds through BML roads, some short steep hills and a fastback. Expert timing, traffic control, fluid stations. T-shirts first 150 registered.
 After Race: Awards at 12:00, Fall Festival starting at 12noon
 Benefits: Candy's Place
 Awards: Overall M/F, Top 3 in 15&under, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Form

___ 10k Run Pre \$20 (9/25/2014) Post \$25
 ___ 5K Run Pre \$15 (9/25/2014) Post \$20
 ___ 5k Walk Pre \$15 (9/25/2014) Post \$20

Name: _____ (please print legibly)
 Phone Number: _____ Email: _____
 Address _____ City: _____ State: _____ Zip Code: _____
 Age as of: 10/04/2014 _____ DOB _____
 Sex (circle): M / F Shirt (circle): S M L XL 2XL
 Emergency Contact Name and Phone _____

If necessary, I hereby authorize the above---named runner to be treated by any qualified, licensed and medical personnel. 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 agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather, traffic conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act of my behalf, waive and release the Valley Running Club, Inc., Insta Results Timing, Beech Mountain Lakes Association and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ (Guardian <18) Date _____

Check Payable: Beech Mountain Lakes Association
 Remit to: Attn: Race Director - Jami Lapchak, 1 Burke Drive, Drums, PA 18222
 Contact: Jami Lapchak (570) 401-6963 or jlap6869@gmail.com
 Wendy Reshetar (570) 710-7400 or wjreshet@ptd.net