

**RUNNING FOR A
BETTER ENVIRONMENT**



and
Susquehanna Ridge Runners Club



Presents



2nd Annual

Hellbender

**5K and Half Marathon
Road Race**

**Sunday, August 22, 2010
Weiser State Forest
Roaring Creek Tract**

WHERE

Rt. 54 Parking Area
Bear Gap, PA
Weiser State Forest
Roaring Creek Tract
(Between Mt. Carmel
and Elysburg)

**Registration Begins at
7:00AM to 8:15AM**

Race Begins at 8:30AM

Course Description:

Out and Back
Fast and relatively
flat, along scenic lakes
and lush beautiful
forests. (Wheel Measured)

**Proceeds will benefit
RCVCA** to help promote
clean water in the State
Forest and surrounding 80
square miles of Roaring
Creek Watershed.



Awards: First three male & female
finishers in each race. Awards to top
three M & F in each age category.

Door Prizes

**FIRST 160 ENTRANTS WILL
RECEIVE A COMMEMORATIVE
T-SHIRT. Sizes will be on a first
come basis**

**PRICE: \$20.00 for 5K
\$30.00 for Half Marathon**

MAKE CHECKS PAYABLE TO:

RCVCA

MAIL TO:

Daniel Brassington
86 Keller School Rd.
Catawissa, PA 17820

FOR RACE INFO:

Daniel Brassington, Race Director
Phone: 570-799-0167
Email: mhowell@bloomu.edu

Robert Welby
Phone: 570-274-6400
email: rwelby@yahoo.com

EIN # 06-1770871



What's a hellbender?

Hellbenders are extremely large, completely aquatic salamanders native to the eastern United States. Cool, clear streams are important because hellbenders breathe entirely through their skin! They have lungs, but rely on the thousands of capillaries found in the fleshy folds of skin along their body and legs to get oxygen from the water. Hellbender populations have drastically declined throughout their range, mainly because of declining stream quality. If you catch a hellbender while fishing, please remove the hook using pliers or a pair of gloves and release the hellbender.

www.hellbender.org

NAME: _____

AGE _____ M _____ F _____

5K RUN _____ HALF MARATHON _____
\$20.00 \$30.00

ADDRESS _____

STATE _____ ZIP _____

Email address _____
(optional)

Home phone # _____ Cell # _____

T-shirt size: S _____ M _____ L _____ XL _____

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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all 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 hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

SIGNATURE: _____

DATE _____

SIGNATURE _____
(Signature of parent or guardian if entrant is under 18 years of age)