Benefitting

Sunday October 4th, 2015

Packet pick up 7:00-8:15

Race Start 8:30 Sharp

Event Description: An awesome **5 mile trail run/race** or a **1 mile adventure walk** through the beautiful trails of The Wissahickon Park

Race Purpose: **To raise money for the Challenged Athletes Foundation. CAF** provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics. CAF believes that involvement in sports at any level increases self-esteem encourages independence and enhances quality of life.

To directly donate to this charity please visit:
www.oldschooltrailrun.com

Location: Forbidden Drive at Northwestern Avenue (200 Northwestern Avenue, Philadelphia PA 19128)

Awards: Top overall male/female race finishers and overall age group winners as well as top 1-3 fundraisers

Entry fee: 5 mile trail run - $30 before race day, and $37 day of race
1 mile adventure walk - $20 before race day, $25 day of race
Race limited to first 400 runners.

Amenities: Each registrant receives some T Shirt, refreshments, water stations, prizes, etc.

Questions: Contact: cliffsharpe@verizon.net

"By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, the Old School Trail Run, LLC, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from any or 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 participation in this event This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

Signature _____ **Date** _____

Name:

Email:

Address: _____City: _____ State: _____ Zip:_____

Phone: _____ Gender: M F Age on Race Day: _____

Shirt Size: S M L XL

Make checks payable to: Cliff Sharpe

Mail payment with this form to: 211 E Gravers Lane, Philadelphia, PA 19118

For more race info or to Register online at http://www.oldschooltrailrun.com or https://runsignup.com/Race/PA/Philadelphia/TheOldSchoolTrailRun

Race powered by: