



# Friends of Ridley Creek State Park Road and Trail Event

5K Timed Run/Walk, 5 Mile Guided Hike and 1 mile Family Trail Walk

October 2, 2011,

Race and Hikes start at 9 am

- Purpose:** Proceeds from this event go towards maintenance and upgrades at Ridley Creek State Park. See Friends website <http://www.friendsofrcsp.org> for current projects underway!
- Location:** Ridley Creek State Park, Media PA. Registration at Pavilion 14, registration opens at 8:00 am.
- Awards:** Overall male/female, and overall male and female age group winners 19 and under/20-29/30-39/40-49/50-59/60+
- Entry:** 5k Timed Race/Walk and 5 mile Trans-Watershed guided hike combination of road and uneven terrain: Register before 9/30/11-- \$15.00; Day of race/hike-- \$20; 1 Mile Family Hike-- \$10
- Amenities:** Free t-shirt for first 100 registrants for 5k run only, complimentary one year Friends membership, refreshments, water stations, prizes, kids' prizes and more!
- Questions:** For Race: contact: Pamela Cloud, [Pamcloud@verizon.net](mailto:Pamcloud@verizon.net) or 484-883-8231, For Hike: Contact Gary Sawyer at [trails@friendsofrcsp.org](mailto:trails@friendsofrcsp.org).

The Friends of Ridley Creek State Park is a qualified 501(c)(3) organization dedicated preserving, protecting and enhancing Ridley Creek State Park. Funds generated by the Friends are used to purchase tools, materials and supplies and other necessities for the park that are not covered by the State budget.

"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 affects 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 Friends of Ridley Creek State Park 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 \_\_\_\_\_ If under 18, Parent Guardian Signature) Date \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Gender: M F Age on Race Day: \_\_\_\_\_

Email address: \_\_\_\_\_ Shirt Size: S M L XL

Which event? \_\_\_\_\_

## Make check payable to "PPFF-The Friends of Ridley Creek State Park"

Mail payment with this form to: Friends of Ridley Creek State Park, Ridley Creek State Park,  
1023 Sycamore Mills Rd., Media, PA 19063-4398

Or register online at <http://www.brynmawrrunningco.com/events.html>  
(click on 'other Bryn Mawr Racing managed events' at bottom)