

# LET'S KEEP THE JBHS INDOOR TRACK TEAM *RUNNING*

Join the  
**2009 5K Spring Cross Country Run**  
(ages 6-96)  
and  
**1K Kids FUN Run**  
(ages 6-12)

Run on a fast course, the best high school Cross Country Course and help Joel Barlow's Indoor Track Team remain a varsity sport\*

100% of proceeds to benefit JBHS Indoor Track Team

## Sunday, April 26, 2009

Joel Barlow High School  
100 Turney Road • Redding, CT



Fill out the application on the right flap  
Enclose payment and mail by April 13th, 2009 to:  
JBHS Indoor Track Team  
(non-refundable checks should be made out to JBHS Indoor Track Team)  
PO BOX 15 • Redding Ridge, CT 06876

INFORMATION: Available at [er9.org/jbhs/athletics](http://er9.org/jbhs/athletics) or call 203.938.2312

Race day registration will be held from 7:00 – 8:00 AM

### 5K Run (8:30 AM Start)

Run on the best High School Cross Country Course in CT.  
A challenging course of hills through the woods of Redding.

### 1 K Fun Run (8:15 AM Start)

Run 4 Laps on Joel Barlow's 6 lane level track. Each junior runner will  
receive a celebratory medal at the finish line.



## 2009 SPRING CROSS COUNTRY RUN ENTRY FORM

*Please submit 1 form per runner*

\_\_\_\_\_ 5K Runner @ \$30 = \_\_\_\_\_

(\$35 entry fee on day of the race)

\_\_\_\_\_ 1K Runner @ \$15 = \_\_\_\_\_

Race day registration will be held from

7:00 – 8:00 AM

RUN IT tee-shirts @ \$15 each (please circle size)

\_\_\_\_\_ Women's Small / Medium / Large

\_\_\_\_\_ Men's Small / Medium / Large

Any other donations gladly accepted

Total Enclosed \$ \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: M / F

I know that running a race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely compete the run. I assume all risks with running this event, including but not limited to falls, contact with other participants, effects of the weather, including thunder and lightning and extreme cold, snow, ice, wind, rain or freezing rain, course conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and its consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf waive and release Joel Barlow High School, race officials, volunteers, and all sponsors from all claims or liabilities of kind arising out of my participation in the event, grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event of any legitimate purposes. I know that dogs, bicycles, inline skates, MP3 Players, and baby joggers are not allowed on the course.

X \_\_\_\_\_

Signature (Parent must sign if competitor is under 18 years old)

\* The Joel Barlow Indoor Track Team does not receive any funding from the athletic budget. Their cause started with a car wash, continued on with a redeemable bottle and can drive and donations from private citizens and The Lumber Yard Pub (in Georgetown). 100% of the proceeds from this event will go to fund the Indoor Track Team.