

# The Ben Blosser/Dirt Hurts 5k

October 29, 2011, 9:00 a.m

Where: Big Spring Cross Country Course, Newville, PA.

Awards: First, Second, Third Place awards to following age groups, Male and Female.

13 under 14-19, 20-29, 30-39, 40-49, 50-59, 60 plus Walker one award per age group.

Entry Fee: \$20.00, with a T Shirt, \$15.00 with out T-Shirt

Registration after October 21, 2011, \$25.00 with shirt, \$20.00 without. No guarantee of a shirt.

**Make Checks Payable: The Dirt Hurts Foundation Send to      Robert Jumper**  
**100 Mt Rock Rd.**  
**Newville, Pa. 17241**

Course: Very Challenging all grass, through the woods, very well marked, with color coded markers at all turns, yellow means turn right, blue means go straight, red means turn left.

**Race Sponsor: Ebners Real Estate, Carlisle, Pa.**

Contacts: Bob Jumper- 385-9621 or email: [runnerxc99@aol.com](mailto:runnerxc99@aol.com)

Name: \_\_\_\_\_ T-Shirt Size: sm md lg xLg

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Age \_\_\_\_\_ 5K or Walk

I know running a 5K is a potentially hazardous activity. I should not enter and run unless I know I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assure all risks associated with running in this event including, no not limited to do to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, and conditions of the trail, 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 for myself and anyone entitled to act on my behalf waive and release "The Dirt Hurts Foundation" and all sponsors, race directors/officials, volunteers, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the person named in this waiver. I have read the liability waiver and understand the inherent risks with this activity.

I certify that I am 18 years of age or older, or that I am the Parent/Gaurdian of the entrant and am granting permission for him/her to participate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

