

ERC VALENTINE PREDICTION RUN & WALK

Sunday, February 14, 2010 10 A.M.

Rotary Pavilion, Presque Isle State Park, Erie, PA

COURSE: The course will be between four and six miles.

PREMIUM: A contemporary-style Jacquard knit cap, woven with the ERC logo. One size fits all. Hats are guaranteed to the first 75 registered runners/walkers who request one. There is no guarantee that additional hats will be ordered. Re-order is dependent on response. **DEADLINE for pre-registration is Saturday, February 6, 2010.**

ENTRY FEES:

- \$8** - ERC members, no hat, postmarked no later than 2/6/10
- \$10** - non-members, no hat, postmarked no later than 2/6/10
- \$15** - ERC members, with hat, postmarked no later than 2/6/10
- \$17** - non-members, with hat, postmarked no later than 2/6/10
- \$12** - **day-of-race, NO Hat.**
- \$20** - **day-of-race, With Hat**

Late registration and packet pickup will take place beginning at 8:30 a.m. in Rotary Pavilion.

AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, running or walking, based on the road and weather conditions that morning, and we will calculate your predicted finishing time. Those participants closest to their predicted pace will receive their choice from a delicious selection of chocolate and candy awards. Walkers are welcome. For the sake of fairness, you are asked to refrain from wearing watches or other timing and pacing devices.

Note: The race will be held regardless of the weather. If the park is closed by the park authorities because of bad weather, the race will be cancelled and a message will be posted at 814-460-9930 as early as possible on race day.

POST-RACE REFRESHMENTS:

There will be refreshments available following the race in the Rotary Pavilion.

SPONSORS: SILKSCREEN UNLIMITED and the Erie Runners Club

For Information: Contact Dan Albaugh by phone at 814-774-3209 or by e-mail at dana@erie-runnersclub.org
Additional copies of the race application may be downloaded from the ERC website at www.erie-runnersclub.org

Please fill in all information, detach, and mail to: **Dan Albaugh, 2374 Lake Street, Lake City, PA 16423**

PLEASE PRINT

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NAME _____ Phone: _____

ADDRESS _____ CITY/STATE/ZIP _____

E-mail address _____ DATE OF BIRTH: ____/____/____ AGE: _____ GENDER: M F
mm dd yy

MAKE CHECKS PAYABLE TO: Erie Runners Club

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE _____ DATE _____

Parent/guardian must sign if entrant is under age 18

My predicted pace-per-mile is: _____ minutes, _____ seconds.