



# 12th Annual Blue Eagle 5K Run / Walk

**“IN MEMORY OF CHIEF BRUCE RUCH”**

To Benefit Nazareth High School Track & Cross Country Teams

**Saturday, August 6<sup>th</sup>, 2011**

**Rain or Shine**

The course begins and ends at Lower Nazareth Elementary school and is a fast and flat layout winding through residential neighborhoods. Awards and snacks at the finish. Restrooms available, no showers or lockers.

**Entry Fees**

\$20.00 pre entry postmarked by July 24<sup>th</sup> includes t-shirt

\$25.00 From July 25<sup>th</sup> to race day (Shirt if available)

Checks payable to: Nazareth Track/CC Booster Club

Check-In begins at 7:30 am. Run begins at 9:00 / Walk at 9:05

Directions to race: Rt 22 to Rt 191 North. North on Rt 191 to stoplight at Newberg Inn. Turn left onto Newberg Rd. Lower Nazareth Elementary School is 1/2 mile on right.

**Running Awards**

Awards to Overall Male and Female Winner

Awards to top three in each age category

11 and under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

Registration forms are available @ [NAZARETHTRACKANDCROSSCOUNTRY.COM](http://NAZARETHTRACKANDCROSSCOUNTRY.COM)

**Mail to: Val O'Connell 398 N. Broad St. Extension Nazareth, Pa. 18064**

Please enter me in the Blue Eagle 5K Run on August 6<sup>th</sup>, 2011. In consideration of this entry being accepted, I the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the organizations holding this event, its agents, representatives, sponsors, officials, volunteers, and beneficiaries of this race of any and all injuries suffered by me in said event. I attest and verify that I am in excellent physical health and have sufficiently trained for this event. I assume all risks associated with running this event including, but not limited to falls, contact with other runners, the effects of the weather (including heat or high humidity), traffic and the condition of the road and the race path, all such risks known and appreciated by me. A parent or guardian must sign this form if applicant is under 18. e-mail questions to [valoconnell692@msn.com](mailto:valoconnell692@msn.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Shirt Size (Circle one)      SMALL      MEDIUM      LARGE      XLARGE      XXLARGE

Signature \_\_\_\_\_