



# Blacksmith Fork 15k Freedom Run

July 4, 2009



This beautiful, (mostly) downhill 9.3 mile race is a great way to earn your potato salad! Race begins at 7 am at the Hyrum Hydropark up Blacksmith Fork Canyon. No buses are provided - you must provide your own way to the starting line (we suggest carpooling with other runners). Packet pickup and race-day registration begin at 6 am at the starting line. Aid stations at miles 4 & 7 will have water and Gatorade. Race ends at the Hyrum City Park (Center St. and Main), with fruit and Great Harvest Bread for all runners. *To avoid delaying the start of the race, we encourage all runners to preregister!* This race will be chip-timed by Milliseconds. For questions call Heather Housley (563-3823) or Missy Perkes (535-3094).



Cut here - save top instructions

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender M/F

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Shirt Size \_\_\_\_\_

Entry fees: \$20 Preregister before midnight July 1  
\$35 Race Day registration  
\$2 Discount to current Sun 'n Snow members

OR REGISTER ONLINE  
AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)

Make checks payable to Sun 'n Snow Runners  
Mail to: PO Box 125, Smithfield, UT 84335

I understand that participating in a road race is a potentially hazardous activity. I should not enter and race unless I am medically able and properly trained. I assume all risks associated with running in this event. 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 Cache Sun 'n Snow Runners, Hyrum City, its agents, sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event.

Signature (parent/guardian also sign if runner is under 18 years of age)

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