



Blacksmith Fork 15k Freedom Run

July 4, 2011



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 begins at 5:45 am at the starting line. **There will be no race day registration!** Aid stations at miles 4 & 7 will have water and Gatorade. Race ends at the Hyrum City Park (Center St. and Main), with fruit/Great Harvest Bread for all runners. This race will be chip-timed by Milliseconds. For questions email Heather Housley at run_heather_run@yahoo.com. Check us out on Facebook @ Blacksmith Fork Freedom Run.

!!! NEW THIS YEAR: RACE WILL BE CAPPED AT 600 RUNNERS! REGISTER EARLY! !!!

Name _____ Birthdate _____ Gender M/F

Mailing address _____

City _____ State _____ Zip _____ Phone _____

Email _____ Shirt Size _____

Entry fees: \$20 Preregister before June 25 (mail in forms must be postmarked by June 23rd)
\$40 June 26th until cap of 600 is reached (**online registration only**)
\$2 Discount to current Sun 'n Snow members

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

REGISTER ONLINE AT
WWW.ACTIVE.COM

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. I hereby authorize Sun 'n Snow Runners to use my image or likeness for race promotional purposes..

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

