



The Hay Creek Watershed Association Presents: *HIT THE HAY 5K*

The 4th Annual Hay Creek Watershed Association Run and Walk
5K run/walk & 1/2 mile fun run for kids

Date: Sunday April 22, 2007

5K Race Time: 10:00am – Registration beginning at 8:30am - Birdsboro Rustic Picnic Area, Route 82

Kid's 1/2 mile Fun Run Race Time: 10:40am (Bring your dogs for the Fun Run too!)

LOCATION/REGISTRATION: Rustic Picnic Area #4, Birdsboro – Parking available

COURSE: Cross-country style course with more hills than 2004 and 2005. The beginning of the course has changed but more than half of the course is a beautiful forested loop style going around the Birdsboro Reservoir. The path is composed of mostly gravel and macadam. This is the same course as 2006.

AMENITIES: T-shirt to all 5K preregistrants; refreshments and snacks for finishers; toilet facilities, good parking, time clock at finish; race held rain or shine; no refunds or mailed awards.

AWARDS: Awards for the top male and female winners and runner-ups plus; top 2 male and female finishers 16-19; 20-29; 30-39; 40-49; 50-59; and over 60.

ENTRY: For 5K; \$20.00 if postmarked by April 2, 2007. Afterwards and day of race: \$25.00, receive a T-shirt while they last. Kid's run is FREE!!! However, kids must still register and there will be no T-shirts. Dogs do not have to preregister and no T-shirts for them either.

QUESTIONS?: Email: mjstell@haycreekwatershed.org or call Ron Horn - 610-779-2668.

GENERAL DIRECTIONS: Go into Birdsboro from either the east or west on Route 724 or Route 422. Both of these roads intersect with Route 82. Go south on Route 82 through the Borough, **DO NOT FOLLOW DETOUR OF RT. 82**. The Rustic Picnic area is on the right at the end of Route 82, just past the entrance to the quarry "Birdsboro Materials" which is on the left. Overflow parking will be available at the parking lot across from the little league field on Hay Creek Road.

MAKE CHECK PAYABLE TO: Hay Creek Watershed Association and MAIL TO: Hay Creek Watershed Association, P.O. Box 162, Geigertown, PA 19523.

PLEASE KEEP TOP PORTION AND MAIL IN BOTTOM PORTION OF FORM

Last Name _____

First Name _____

Address _____

City/State _____ Zip _____

Email _____

(circle one) Race: 5K 1/2 mile fun run for kids Gender: Male Female

Race day age: _____ Date of Birth ____/____/____

Shirt Size (circle one): S - M - L - XL

Phone Number: _____

Are you interested in becoming a member of the Hay Creek Watershed Association? YES NO THANK YOU

HAY CREEK WATERSHED ASSOCIATION: Committed to protecting, preserving, and restoring the Hay Creek Watershed



WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to: falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Hay Creek Watershed Association and Birdsboro Water Authority, and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage or any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date _____