

Heavenly Prints Digital Media

The original 2012 race was held in the spirit of the Olympic marathons. Even though 2014 is a down year, don't be afraid to wear the colors of your nation for this Olympic "marathon" run and relay!

This run (and relay) totals 16.28 miles and is meant to show camaraderie and build esprit de corps in the running community. So let's have some fun!

See www.phdispatch.com for complete event details.



Waiver:

In consideration of accepting entry for any of these events, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Potomac Highlands Distance Club, and all volunteers and sponsors while participating, traveling to or from the Run for Gold Metric Marathon and Relay start or finish line areas.

I further attest that I am physically fit and have trained sufficiently for the event chosen.

Participant's signature

Date _____
(Parent/Guardian signature if runner under 18 years old).



3rd annual Run for Gold 26.2K & relay *presented by* Heavenly Prints Digital Media

*A point-to-point rail trail run
along the Great Allegheny Passage*
Sunday, Aug. 10, 2014

From Meyersdale, Pa., to Frostburg, Md.

Name _____

City _____

State _____ ZIP _____

Age on 8.10.2014 ____ Gender: M/F

Choose distance: 26.2K / relay (2 or 3 prsn)

Entry fee: \$16 per person

Optional donation: (to help offset minimal costs)

\$3____ \$7____ \$12____ \$15____ \$20____

T-shirt size (\$18 each, optional)

Men's / Women's (circle one)

S ____ M ____ L ____ XL ____ XXL ____

No race-day registration. No refunds. No deferments.

Complete and mail form (checks payable to PHDC) to:

Kevin Spradlin
Attn: Run for Gold
244 Bear Branch Road
Rockingham, NC 28379

Visit www.PhDispatch.com
call 910-331-4130 or email fotm@phdispatch.com
for more information.

