



5 MILE TRAIL RUN

9:00am Saturday, September 12, 2009
Valley Forge National Historical Park

QUOTE: In reverence to America's first president, George Washington, who wintered with his troops in Valley Forge, it seems only appropriate to quote him here: "Ninety-nine percent of the failures come from people who have the habit of making excuses." – George Washington. So, no more excuses! Put on your running shoes and joins us at River Fest '09. You won't want to miss this historic running event.

COURSE: Held on some of the most breathtaking landscape of southeastern Pennsylvania, River Fest is an exciting 5 mile trail race. The course is comprised of 3 trails in Valley Forge National Historical Park—River Trail, Commissary Trail and Walnut Hill Trail. Following the Schuylkill River for 2/3rds of the race, the run provides some fantastic views of the river, woods and winds swept fields. An abundance of wildlife lives in the park, which runners are likely to see during the race. The trail also crosses 4 footpath bridges. Flat and well groomed, the course is excellent for novice and experienced runners alike.

RUNNER RECIEVE: A River Fest '09 t-shirt for those who pre-register and for walk-up registrants while supplies last, food after the finish, paved parking, a well marked course, one mid-race water stop, a short walk to all the attractions at Valley Forge National Historical Park, and much more.

RACE DAY REGISTRATION: Registration opens at 7:45am at O'Neill Properties located across the street from Betzwood Trailhead at Valley Forge National Historical Park. Runners must visit the registration tent prior to the start of the race to pick up their runners welcome packet, including race bib and t-shirt.

ENTRY: \$25 early registration extended to September 5, 2009 and \$30 registration after September 5 and for walk-up registration. River Fest is limited to the first 400 runners who register. Held rain or shine. No refunds or mailed awards. This race is timed by Pretzel City Sports. Results will be posted on the onsite results board as runners finish the race. Results will also be posted on www.runfreed.com.

DIRECTIONS: Betzwood is located at S. Trooper Rd. and Sullivans Ln., Norristown, Pa 19403. (Use this address for Google Maps.) Complimentary parking is located at O'Neill Properties across from the Betzwood Trailhead entrance.

For Points East: Travel Route 422 West towards Pottstown. Take the Trooper Road exit. At the top of the exit ramp turn left onto S. Trooper Road. The park entrance is 0.3 miles on the right.

For Points West: Travel Route 422 towards King of Prussia. Take the Oaks / Audubon exit. At the end of the exit ramp turn right on Egypt Road for approximately 2.5 miles. Make a sharp right onto PA-363/ S. Trooper Road. The park entrance is located 2 miles on the right.

RUNFREED.COM

RIVER FEST '09 REGISTRATION FORM

MAKE CHECK PAYABLE TO "FREED RUNNING".

Complete form below and mail with check to:
FREED RUNNING, 778 Morwood Road, Telford, Pa 18969

(Please print legibly.)

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age _____ Date of birth ____/____/____

Sex: M F Phone: (____) _____ Shirt Size (circle one): S M L XL

Email _____

For each registrant \$4 is donated to Hope International.

To give more please indicate the amount here: \$ _____

Hope International (www.HopeInternational.org) is a non-profit organization providing microfinance services to over 250,000 aspiring entrepreneurs in the developing world. Please help FREED and Hope International fight poverty. Together, we can make a difference. Run for change!

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. 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, getting lost, wildlife & insect attacks and 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 FREED, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for or 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 of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to FREED to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature: _____ **Date:** ____/____/2009

EVENT SPONSORS:

