

BARFF AND SMHS PRESENT THE SECOND ANNUAL SMHS "RUN FOR THE BATHROOM" 8K SEPTEMBER, 19, 2009

On Saturday, September 19th, 2009 the historic town of Burkittsville, MD will welcome runners and walkers of all ages and abilities in support of the South Mountain Heritage Society's Museum.

The 8K race and new 3K walk will both kick off with a "Bang" at 8:00 A.M. sharp in front of the SMHS Museum, located at 3 East Main Street. Both courses are quite scenic, with the run taking participants out of town and through the adjacent countryside. The "3K Alley Walk" will meander through the town's perimeter alleyways, offering a "low impact" way to support SMHS. (Walkers will not be timed.) Both events will end at the Burkittsville Ruritan Complex, located at 500 East Main St., which is also where participants shall park. There will be NO parking available at the start!

Registration fees. Run: \$15 for entries received before Sept. 5. \$20 from Sept. 5 to race day.
3K Alley Walk: \$10 prior to Sept. 5, \$15 for day of the event registration.
You are encouraged to register for the SMHS Run for the Bathroom at Active.com.

Race day registration will take place at the Burkittsville Ruritan Complex from 7 to 7:45 A.M. No refunds and only entrants registered prior to Sept. 5 are guaranteed an event tee-shirt.

Awards: There will be unique finisher's awards for the top male and female runners as well as age group awards (male and female): Under 15, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59 and over 60. All participants of the walk and run will be eligible for prizes in our blind drawings.

REGISTRATION FORM

Last Name: _____ First _____

Address: _____

E-mail _____ Gender: M ___ F ___ Age: _____

Event: 8K Run _____ 3K Alley Walk _____ Shirt Size: S M L XL

Waiver: In consideration of this entry being accepted, I acknowledge that this is an athletic event for which I am prepared. I waive all claims for myself and my heirs against organizers, sponsors, SMHS, Burkittsville Ruritan, the Town of Burkittsville and volunteers and officials of this event for any injuries or damages suffered to myself, my minor child (if registering a participant under age 18), or to my personal property at the SMHS Run for the Bathroom.

Signature (parent if entrant under age 18) _____

If not registering via Active.com, send completed form and checks, payable to SMHS, to :
BARFF, PO Box 236 Burkittsville, MD 21718
For more information contact Bill Susa, 301 834 9242 or BurkittsvilleRuns8K@gmail.com