

The Only Race With a Rope!!!

Sick Trail Run

4+ Sick Miles

Sunday April, 26th 2009

1 PM



This course is one of the most exciting races you could ever do. The course provides many hills, ups and downs. The course is run on dirt roads, wooded paths, and fields. This is the only race in the area where you get to use a rope to go up a hill!!! You will *not* regret coming to this event. Top 12 guaranteed prizes. Random prizes for all other runners. Bring the family and enjoy the day. Race will be held regardless of weather.

Directions: From Millville, take route 42 North approx 2.2 miles. Turn right on Whitehorse RD (Dirt Road). Follow signs to the Sick Farm, another 2 miles.

Contact:

Scott and Ann Sick Phone: 570-458-6508

212 Whitehorse RD. Fax: 570-458-4011

Millville, PA 17846 *Visit the Race Website: <http://sicktrailrun.weebly.com>

Name _____ Age _____ Gender _____

Street _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

Entry Fees: NONE!!!!

Waiver: In consideration of this entry being accepted, I intending to be legally bound, waive and release any and all rights and claims for injuries that may occur at this event, against the organization holding the event.

Signature _____ Date _____

Parent (if under 18) _____ Date _____