

About the Event

The **Dr. David Miller Memorial Run & Walk** will kick off Mayfest 2009 to honor a beloved family practice physician who died November 2, 2007 at the age of 62. Dr. Miller was an avid runner and a big fan of Huntingdon Bearcat athletics and the Pittsburgh Steelers and Penguins. His family, friends and patients have organized this salute to his community spirit.

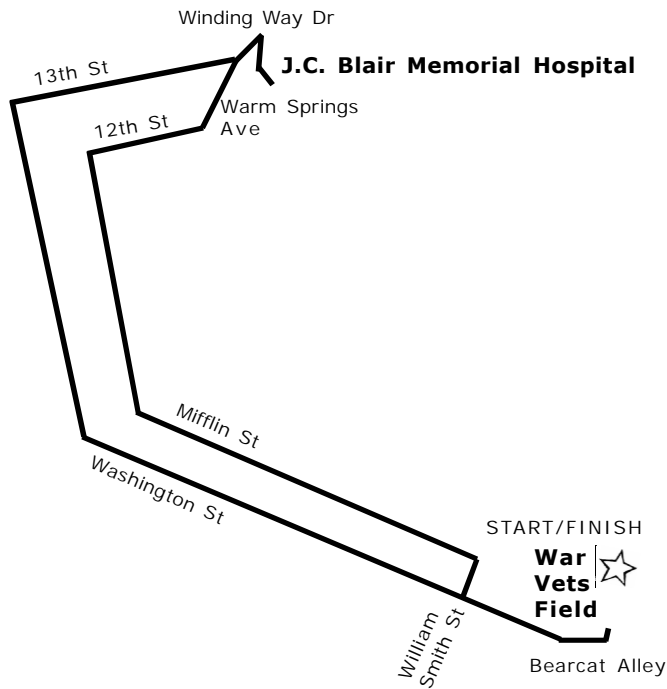


The **5K Road Race** begins at 9:00 a.m. on the track at War Vets Field, home of the Huntingdon Bearcat football team. The route travels through the streets of Huntingdon, up to J.C. Blair Memorial Hospital, through the Mayfest festival route on Washington Street, and finishes back on the track at the football field. The **1 Mile Walk or Run** will begin on the track after the 5K runners take off, and the **Kids Fun Run** will conclude the morning fitness events at the field.

All proceeds raised from this event will benefit the Dr. David Miller Memorial Fund of the J.C. Blair Memorial Hospital Foundation and the Huntingdon Health and Wellness Association to further promote health and wellness in our community.

We encourage all participants to enjoy the rest of the day in historic downtown Huntingdon for Mayfest which features musical entertainment, arts and crafts, festive food, children's activities and more, all centered on a variety of historic themes.

5K Course Map



Huntingdon Map



J.C. Blair Memorial Hospital and Huntingdon Health & Wellness Association present the



Dr. David Miller Memorial Run & Walk

-  **5K Road Race**
-  **1 Mile Walk/Run**
-  **Kids Fun Run**

Saturday, April 25, 2009

All proceeds will benefit the J.C. Blair Memorial Hospital Foundation and the Huntingdon Health & Wellness Association



Race Information

Date and Time:

Saturday, April 25, 2009
7:30 AM - Registration Opens
9:00 AM - 5000 meter run
9:10 AM - 1 mile walk or run
9:45 AM - Kids Fun Run
10:00 AM - Awards Ceremony

*Spend the rest of your day enjoying
Mayfest in downtown Huntingdon*

Place:

War Vets Field, Huntingdon

Registration:

Pre-register by **4/10/09** for discounted fee. Online registration forms are available at www.jcblair.org or www.hhwa.org. Register on race day at the field beginning at 7:30 AM. All runners will receive race packet at the field.

Custom designed t-shirt guaranteed to pre-registered participants and subject to availability thereafter.



Aids and Facilities:


A water station will be available on the course and at the finish line. Medical equipment and personnel will be available at the finish. Parking will be readily available at the football field. Flush toilets are available at the field house.

Results:

Race results will be announced following the race and posted on www.jcblair.org and www.hhwa.org

5K Race Awards:

-  Top three overall males and females will be awarded.
-  Age Group Awards (top 3 males and females in each age group):

Under 12	30-39
12-14	40-49
15-19	50-59
20-29	60 and older
-  All walkers and kids will receive a participation ribbon.

Entry Form

Name: _____

Gender: Male ____ Female ____

Age on Race Day: _____

Street Address: _____

City: _____ State: ____ Zip: _____

Daytime Telephone: _____

Shirt Size (Adult): Sm ____ Med ____
Lg ____ XL ____

Email Address: _____
(for Registration Confirmation)

Emergency Contact Name: _____

Emergency Contact Number: _____

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 assume any or all other risks associated with running/walking or attending the race including but not limited to falls, contact with other participants, the affect of the weather, getting lost, and all such risks being known to 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 J.C. Blair Memorial Hospital, Huntingdon Health and Wellness Association, and the Huntingdon Area School District, 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 on their behalf, or anyone else associated in any way with the race, for any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of, my participation in the event(s). This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER:

SIGNATURE: _____ DATE: _____

SIGNATURE OF GUARDIAN: _____
(if under 18 years of age)

Registration:

Pre-registration is \$15 and guarantees entrants a t-shirt. Deadline for pre-registration is **April 10, 2009**. Family rate (three or more from the same household) or team rate (three or more from the same sports, work, etc. team) is \$12 and members must pre-register together. Fill out separate form for each participant, but mail them in the same envelope. T-shirts are guaranteed when pre-registering.

Post-registration includes any forms mailed after April 10, 2009. Registration on Race Day will be held from 7:30 - 8:30 AM. T-shirts available while supplies last.

Entry for:

5K Run

- _____ @ \$15 before 4/10/09
- _____ @ \$18 after 4/10/09 or on Race Day
- _____ @ \$12 per member of a family or team

1 Mile Walk

- _____ @ \$15 before 4/10/09
- _____ @ \$18 after 4/10/09 or on Race Day
- _____ @ \$12 per member of a family or team

Kids Fun Run

- _____ @ \$5 at any time

Amount Enclosed: \$ _____

Make checks payable and send entry form to:
J.C. Blair Memorial Hospital Foundation
935 14th Street
Huntingdon, PA 16652

For more information, go to www.jcblair.org or www.hhwa.org or call (814) 643-8548.