

# 5<sup>TH</sup> ANNUAL TRAIL TROT & FAMILY FUN WALK 2016 REGISTRATION

Saturday, April 16th – 9:00 A.M.

- Purpose:** The Friends of the Cynwyd Heritage Trail are hosting the 5th annual 5k run and family fun walk to support improvements to the Cynwyd Heritage Trail
- When:** Check-in starts at 8:00 AM with a race/walk start of 9:00 AM; racers to go first, followed by walkers
- Location:**
- Barmouth Trailhead – Levering Mill Rd. and Belmont Ave.
  - Parking is available at Barmouth Trailhead, Bala Cynwyd Playground and Cynwyd Station
- Entry:** RACE: \$25 online or by mail before April 14th **OR** \$30 day of race (individual)  
WALK: \$25 online or by mail before April 14th **OR** \$30 day of walk (individual or family)
- Awards:** RACE: Male and Female Overall **AND** 6 Age Groups, including 18 & under  
WALK: All walkers under 18 receive a medal
- Amenities:**
- All runners receive a T-SHIRT!
  - Water on the course and a post-run snack/sports drink for all runners
  - This year's race/walk will take participants over the BRIDGE for the first time!!
- Registration:**
- Online at [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com) (click on 'Events' and search by date) **OR**
  - Mail payment with this form to: P.O. Box 695, Bala Cynwyd, PA 19004. Make checks payable to "Friends of the Cynwyd Heritage Trail".

"By indicating your acceptance, you understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards 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, the conditions of the roads and getting lost, 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 the organizers of this event, all municipalities in which the all owners of properties through which the race crosses, the race committee, volunteers, the Friends of the Cynwyd Heritage Trail, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or any-one acting on their behalf, or anyone else associated in any way with this race, from 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 this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

Signature \_\_\_\_\_ (If under 18, Parent Guardian Signature) Date \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

PLEASE PRINT CLEARLY

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Address – Street

City

State

Zip Code

Gender:  Male  Female Age on race day: \_\_\_\_\_

Shirt Size:  S  M  L  XL

QUESTIONS? Email [5k@cynwydtrail.org](mailto:5k@cynwydtrail.org)



FRIENDS OF THE  
CYNWYD HERITAGE TRAIL