



PONY EXPRESS 5K

SPIRIT OF HOPE YOUTH RANCH

Pony Express 5k and 1 Mile Fun Run benefiting Spirit of Hope Youth Ranch
Saddle Up and Come on Down!

Where: Mountain Brook, AL
Grass lot next to Emmet O'Neal Library
in Crestline Village
Convenient Parking

When: Saturday, October 1, 2011
9:00am- 5k (3.1 Miles)
9:15am- 1 Mile
7:30am- race day registration begins

Registration: Online registration is recommended at <http://www.firstgiving.com/87660/pony-express-5k-runwalk>. You may also register at www.active.com.

5k- \$25 (\$30 day of race)

1 Mile- \$10 (\$15 day of race)

Phantom Runner- \$25

Packet Pick-up: Homewood Trak Shak, Friday, September 30, 11am-5pm.

Awards and door prizes given out after the race.

Email questions to ponyexpress@sohyr.org
Race website: www.ponyexpress5k.com

Pony Express Entry Form

Make check payable to: Spirit of Hope Youth Ranch

Mail entry form to: Spirit of Hope Youth Ranch, P.O. Box 530462, Birmingham, AL 35253

Name _____ Birth Date ____/____/____
First MI Last

Address: _____ Circle: Male or Female
City State Zip

Email Address: _____ Age: _____

Phone: _____ Emergency Name & Phone: _____

Circle T-shirt Size: YOUTH: Medium Large ADULT: Small Medium Large XL XXL

_____ 5k _____ 1 Mile _____ Phantom Runner- I prefer to sleep in, but would love to support Spirit of Hope Youth Ranch and receive a really cool t-shirt. I will pick up my t-shirt at the Homewood Trak Shak during Packet Pick-Up.

RELEASE WAIVER:

In consideration and acceptance of this entry, I do waive any and all claims for myself, my representatives, and my heirs against Spirit of Hope Youth Ranch, any sponsors, and all officials of this race for any injury or illness which may directly or indirectly result from my participation in the 2011 Pony Express. I know and understand that running a race is a potentially hazardous activity. I state that I am in proper physical condition to participate in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and the condition of the road, all such risks being known and understood by me. Further, I grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings, or any other record of my participation in this event for any publicity and/or promotional purposes without obligation or liability to me.

Signed by (Guardian Signature if under 18)

Date

Amount Enclosed: \$ _____

Please mail entry form and check to the address above no later than September 25th.

Thank you for your support!
www.sohyr.org