

The Fast and Flurry-ous



MILER

January 24, 2010

Harlow Platts Park Near Fairview High School.

To benefit The Orphans of Aids Trust Foundation and Boulder Parks and Recreation EXPAND Program

This 4-mile cross country race starts and finishes at Harlow Platts Park near Fairview High School.

Registration at Boulder Running Company
(28th and Pearl St.) from Friday December 18th, 2009 through noon January 23, 2010 or online at **Active.com**

Entry Fee

Includes Saucony hat and gloves, Frasca gift certificates and refreshments

4 mile race ~ \$20 advance; \$25 race day

4 Miler Awards- Male and Female

1st place overall = \$200

2nd place overall = \$100

3rd place overall = \$50

Top Age Groupers receive \$25 gift certificate to BRC: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 65-69, 70-74, 75-79, 80+

What is EXPAND?

EXPAND = EXciting Programs, ADventures and New Dimensions! The EXPAND program helps people with disabilities improve and gain new recreation and leisure skills that will enhance their overall well being and quality of life. For more information about EXPAND visit the EXPAND website.

Special thanks to our sponsors



Race Start Times	
7:45am	On-Site Registration/Bib Pick-up
9:00am	Women's 4 Mile Race Start
10:00am	Men's 4 Mile Race Start

Fast and Flurry-ous Entry Form

Name _____
 Address _____
 City _____ State _____ Zip _____
 Day Phone _____
 Email _____
 Male Female Age on 1/24/10 _____

Race Entry Fee \$ _____
Additional Donation to OAT & EXPAND \$ _____
Total Amount Paid \$ _____

Please make checks payable to "Boulder Running Company"

BIB # _____ (Official Use Only)

ALL ENTRANTS MUST SIGN WAIVER

The undersigned for myself, my heirs and assigns, hereby RELEASES, WAIVES, DISCHARGES and COVENANTS NOT TO SUE Boulder Running Company, their affected organizations, administrators, directors, agents, volunteers, and employees, other participants, sponsoring agencies, sponsors and advertisers, all of which are hereinafter collectively referred to as releases from any and all claims, demands, losses or damages on account of personal injury, death or damages to property arising out of or incurred in connection with or related to in any way with the Fast and Flurry-ous 4 miler or the undersigned's participation in such race, whether caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. I/WE HAVE READ THE ABOVE WAIVER AND RELEASE UNDERSTANDING THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY. I/We also authorize and consent of the use of the participant's name and/or picture in television, newsprint, advertisement or any other media by releases in connection with the Fast and Flurry-ous 4 miler or otherwise.

Signature _____ Date _____

(If under 18 years of age, must be signed by parent or guardian)