

Join us for the 6th Annual



Run/Walk

Saturday, September 19, 2009

9:00 am

Milford Ball Park

Milford, PA

<http://jcbiiimemorial5k.tripod.com>



James C. Burns III Memorial 5K
14 Heather Court
Columbus, NJ 08022

Make Checks Payable to JAMES C BURNS III SCHOLARSHIP and Mail To: 14 Heather Court, Columbus, NJ 08022

NAME: _____ AGE ON RACE DAY: _____

ADDRESS: _____ DATE OF BIRTH: _____

CITY: _____ STATE: _____ ZIP: _____ GENDER: M F

PHONE: _____ EMAIL ADDRESS: _____ T-SHIRT SIZE (circle): M L XL 2XL (+\$2)

CHECK APPLICABLE:

- | | | | |
|-----------------------------------------------------------------------------------------|----------------------------|-----------------------|----------|
| <input type="checkbox"/> 5K RUN - ADULT | \$18.00 (pre-registration) | \$22.00 (day of race) | \$ _____ |
| <input type="checkbox"/> 5K WALK - ADULT | \$18.00 (pre-registration) | \$22.00 (day of race) | \$ _____ |
| <input type="checkbox"/> 5K RUN - STUDENT/SENIOR | \$12.00 (pre-registration) | \$15.00 (day of race) | \$ _____ |
| <input type="checkbox"/> 5K WALK - STUDENT/SENIOR | \$12.00 (pre-registration) | \$15.00 (day of race) | \$ _____ |
| <input type="checkbox"/> KIDS K | \$5.00 (day of race) | | \$ _____ |
| <input type="checkbox"/> I would like to make an additional donation to the scholarship | | | \$ _____ |

TOTAL \$ _____

- I would like to volunteer for this event. Call me at the number listed above.
 I am unable to enter the event, but would like to make the following donation \$ _____

Liability and Waiver: Release: In consideration of acceptance of the entry, I for myself, my heirs, personal representatives, and assigns, do hereby release the sponsor, race workers, and officials of this race from any and all liability arising from illness, injuries, or other damages. I may suffer as a result of participation in such event. I affirm that I am physically able and have sufficiently trained for participating in this event and am aware that participation in this event could in some circumstances result in severe physical soreness and injury. I also give permission for free use of my name and picture in any broadcast or written account of the event. I understand that my entry fee is NON-REFUNDABLE. Should race officials determine that completion of this event would be injurious to my health, I consent to being removed from the course and treated by the medical personnel in attendance or at their direction.

Signature of Participant _____ Parent/Guardian (if under 18 yr.) _____ Date _____

Join us for the **6th** Annual James C. Burns III Memorial 5K Run/Walk!!!

This event, in historic Milford, Pennsylvania, is to benefit the **James C. Burns III Memorial Scholarship**. Jim was Scoutmaster of Boy Scout Troop 71, who passed away in June 2001 while on a white-water rafting trip with his troop. In Jim's memory, a scholarship is awarded each year to a deserving high school senior who is a Boy Scout, Girl Scout, Venture Scout, or Explorer, to further their education. The 5K run/walk is **USA Track & Field** sanctioned. The program also includes a Kids K. In addition, a donation is made to **The Wounded Warrior Project**, which assists our military men and women who have been injured in conflicts taking place around the world. Previous years' proceeds have also benefited the Campaign for Tobacco-Free Kids, one of the nation's largest non-governmental initiatives to protect America's youth from tobacco and create a healthier environment.



Honor Jim's Memory,
Help Build Another Leader!

RACE DATE & PLACE:

Saturday, September 19, 2009

Race begins and ends at Milford Ball Park

SCHEDULE OF EVENTS:

8:00 AM - Registration

9:00 AM - 5K Run/Walk

9:30 AM - Kids K (10 & under)

10:00 AM - Awards Ceremony

COURSES:

The **5K Run/Walk** (3.1 miles) is a **USATF-sanctioned** and officially timed course through the streets of Milford Borough. The course begins and ends at the Milford Ball Park. There are two water stops and volunteers at each mile marker calling out split times. Per USATF guidelines for our event insurance, dogs, skateboards, rollerblades, or bikes are not permitted on the course. Wheelchairs and strollers are permitted if the participant does not impede other runners/walkers.

The **Kids K**, ages 10 & under, is a 1 K run around the block. Parents must supervise young children.

DIRECTIONS:

From Interstate 84 West: Take Exit 53 (Matamoras). At light, make left onto US-6 and US-209. Continue approx. 5 miles into Milford. Make 3rd left onto East High Street. Go two blocks and make right onto 3rd Street. Milford Ball Park on left.

From Interstate 84 East: Take Exit 46 (Milford). Make right onto US-6. Continue into Milford. Make 3rd left onto East High Street. Go straight through light and make 2nd left onto 3rd Street. Continue 3 blocks. Milford Ball Park on right.

From Interstate 80: Take Exit 34B (Route 15). Continue 18 miles to US-206. Follow US-206 over bridge into PA. Make right onto US-209. Continue approx. 0.5 miles into Milford. Make right onto 3rd Street. Continue 3 blocks. Milford Ball Park on right.

From US-209: Take US-209 North into Milford (approx. 30 miles from Stroudsburg). Make right onto 3rd Street. Continue 3 blocks. Milford Ball Park on right.

AMENITIES:

The first 100 registered 5K participants will receive a commemorative long-sleeve T-shirt and all participants will receive a goodie bag with samples and coupons from local businesses. Kids K participants will receive a water bottle and goodie bag. Refreshments and continental breakfast following the race.

AWARDS:

* 1st Place Overall Male & Female finishers

* 1st, 2nd, & 3rd Place Male & Female finishers in the following age categories: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

ENTRY FEES: Pre-registration Day of Race

Adult	\$18	\$22
Student/Senior (65+)	\$12	\$15
Kids K	\$5 (register day of race)	

REGISTRATION:

Sign Up Online at SignMeUpSports.com. It's **FREE** and **FAST!!!** (We are absorbing the cost of Online Registration because it saves us money and time. So help us by registering online...it is safe, fast, and we pay the cost.)

OR

Fill out this **Registration Form** and mail (along with your check) to: **James C Burns III Scholarship**
14 Heather Court
Columbus, NJ 08022

2008 SPONSORS:

Gold Level: Trimble-Brancy Structures, LLC
Silver Level: M&S Sanitary Sewage Disposal, Inc
William F Carroll Agency, Inc
Lowe's

CONTACT INFORMATION:

Heidi Hoppe, Race Director
Bob Kaden, Assistant Race Director
<http://jcbiiimemorial5k.tripod.com>
302-226-1423
jcbiiimemorial5k@verizon.net



SANCTIONED EVENT