

# ***RUN MORE PROJECT***

***JUNE 20 TO AUGUST 14***

***RUNNING IS A SIMPLE SPORT  
IF YOU WANT TO GET BETTER  
RUN MORE***

- Track your mileage for 8 weeks of summer training
- Your total mileage earns you a limited edition Run More. T-shirt:  
100-mile club, 200-mile club, 300-mile club...
- Sunday group runs from Second Sole and Scholl Pavilion in Mill Creek Park
- \$10 to Join & receive your free shirt!
- \$50 option includes:
  - \$25 Sacuony Gift Certificate
  - Free Entries into Firecracker 4-Miler (July 4) and The Twilight Mile (June 21)
- All Mileage must be tracked with a GPS Watch or approved by your Coach
- Follow us on Instagram @runmoreproject and on Strava @ Run More Project
- Register online @ SecondSoleRacing.com

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Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

Entry Choice: (Mark One) \_\_\_ \$10 \_\_\_ \$50 Grade: \_\_\_\_\_

Shirt Size: (Circle One) Youth Large Small Medium Large X-Large

**Waiver for Above Specified Event**

I know that running is a potentially hazardous activity which could cause injury or death. I should not run unless I am medically able and properly trained, and by my signature, I certify that I am able, in good health, and properly trained. I agree to abide by any decision of an official, relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running, including but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, rain and slick surfaces, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this wavier and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Second Sole, its counterparts, all sponsors, their representatives, employees, and successors from all claims or liabilities of any kind arising out of my participation, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the afore mentioned parties to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_