# 2nd Annual ROOTS ROCK RUN 5K

## GrassROOTS Community Foundation

May 31, 2014 9 AM Start! Registration 7:30-8:45

**Race Purpose:** **5K community walk/run and 1 mile walk to support GrassROOTS community health programs in Philadelphia**

**Location:** **Anna Lane Lingelbach Elementary School, Wayne Ave and Johnson Street, Germantown, Philadelphia**

**Entry:** Free online pre-registration at brynmawrrunningco.com (until April 15), $25 after April 15th using the website or this form. Onsite registration on race day starts at 7:30am.

**Amenities:** T-shirts for all registrants; water and refreshments, prizes too.

**Race Results:** Race will be professionally timed by the Bryn Mawr Racing Co.; Results will be found at brynmawrrunningco.com, click on Events and 'Results.'

**Questions:** Contact: David Coughlin, djcoughlin13@gmail.com, 215-917-5025

GrassROOTS Community Foundation is a collaborative effort of Tariq "Black Thought" Trotter, co-founder and lead MC of the Grammy Award Winning group, The Roots, and sociologist, Dr. Janice Johnson Dias. We are committed to contributing to the health and well-being of vulnerable populations and disadvantaged communities. Merging the talents of socially conscious artists with those of a rigorous scientific research and creative team, we are investing our energies to developing the capacity of community-based organizations that offer educational and recreational services to disadvantaged women and girls.

**"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 effects 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 Bryn Mawr Racing/Running Co., 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 or Guardian Signature) Date** _____

Name:

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Address: _____City: _____ State: _____ Zip:_____

Phone: _____ Gender: M F Age on Race Day: _____

Shirt Size: S M L XL Circle Event: 5K run 5K walk 1 mile walk

Make check payable to "GrassROOTS Community Foundation" and Mail payment with this form to: "634 Eagle Rock Ave, West Orange, NJ 07052"

Or register online at http://www.brynmawrrunningco.com (click on the Events tab)

SPONSORED BY: SuperFly Mom, Skai Blue Media, Reebok, GirlTrek, Black Girls Run, Student Run Philly