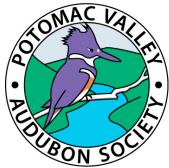




APRIL 21ST 2012



Visit our Website!
raceforthebirds.org

Register Online! active.com
 Online registration open thru April 16
 unless events are filled earlier.

Multi-child discount: \$5 off
 for 2nd & each additional child under 18.

Great Family Trail Runs through the NCTC campus. Proceeds from this event benefit Potomac Valley Audubon Society's environmental education and outreach for children and adults in our community—the Eastern Panhandle of West Virginia and Washington County, Maryland.

- 4+ Mile Trail Race*
- 7+ Mile Trail Race*
- 2 Mile "Eagle Nest" Jog/Walk**
- 1 Mile "Fun Run" for children under 10

* 4+ and 7+ Trail races are limited to a total of 400 Runners — Race Day Registration for these events may not be available.

** Jog/walk is a baby jogger and walker friendly — self timed

SCHEDULE OF EVENTS

- 7:30-8:45 am Registration & Number Pick up
- 9:00 am Start 7+ & 4+ mile Trail Races
- 9:05am Start 2 mile jog/walk (self timed)
- 10:45am 1 mile "Fun Run" for children under 10.
- 11:15am Awards Ceremony

AMENITIES & FACILITIES

- Shower/Changing facilities
- Aid station located at miles: 1, 3 & 6 (approx.)
- Post-race snacks and beverages.

DOOR PRIZES AND AWARDS — MUST BE PRESENT FOR AWARDS

Trail Race Awards: Champ & Runner-up for Top Overall, Grand Masters (70+), Masters (40+), Age Groups

Prizes for all kids in Fun Run!

REGISTRATION FEES:

- Pre-registered:** (postmarked by 4/2)
- 2 Mile jog/walk: \$15 (self-timed)
- 4.9 Mile race: \$20
- 7.7 Mile race: \$25
- 1 Mile Kids Fun Run: FREE

- Race Day Fees: (add \$2 after 4/2)**
- 2 mile jog/walk: \$17 (self-timed)
- 4.9 Mile race: \$22
- 7.7 Mile race: \$27
- 1 Mile Kids Fun Run: FREE

Adult Pre-registrants are guaranteed a free t-shirt; others will get them as supplies last.
 Make out tax-deductible checks to PVAS. EXTRA DONATIONS WELCOME!

REGISTRATION FORM		NAME: _____	
ADDRESS: _____			
CITY/STATE/ZIP: _____			PHONE: _____
EMAIL: _____		T-SHIRT: YES NO	SIZE: S M L XL
<input type="radio"/> MALE <input type="radio"/> FEMALE	DOB: _____ AGE ON 4/21/2012 _____		
EVENT: <input type="radio"/> 2mile(\$15) <input type="radio"/> 4+mile(\$20) <input type="radio"/> 7+mile(\$25) <input type="radio"/> Kids Fun Run (free)		Remember to subtract your Multi-child discount! \$5 off for 2nd and each additional child under 18.	
REGISTRATION FEE (add \$2 after 4/2/2012): _____		_____	
OPTIONAL PVAS MEMBERSHIP (\$20): _____		_____	
EXTRA DONATION (OPTIONAL) _____		_____	
CHECK TO PVAS ENCLOSED: _____		_____	
<p>WAIVER: In consideration of my application and permitting me to participate in this event, I hereby take action for myself and anyone entitled to act on my behalf: (1) Waive, release and discharge from any and all liability from my death, disability, personal injury, property damage, property theft or actions of any kind which might hereafter accrue to me including my traveling to and from the event, THE FOLLOWING ENTITIES OR PERSONS: event coordinator; event director; event committee; Potomac Valley Audubon Society; The Nature Conservancy of West Virginia; the United States Government; including but not limited to the Department of Interior, the Fish & Wildlife Service and the National Conservation Training Center; Jefferson County, WV; volunteers; event sponsors; their directors, officers, employees; volunteers' representatives, and agents, and the event holders; (2) Indemnify and Hold Harmless the entities or person mentioned in this paragraph from any and all liability or claims made as a result of participation this event, whether caused by the negligence of releases or otherwise.</p>			
SIGNATURE: _____		DATE: _____	
PHOTO WAIVER <input type="radio"/> I give permission for me or my child to be photographed/videotaped and for the pictures to be used for PVAS publications and/or publicity. <input type="radio"/> I do not want my child's or my photograph or video image to be used for PVAS publications and/or publicity.			

Visit www.potomacaudubon.org to learn more about the diverse programs this event supports. We hope you'll join us for future chapter activities and choose to become a member!

OTHER UPCOMING REGIONAL RACES: *Think Global, Run Local!*

December 4 2011 // South Berkeley Christmas Parade 5K
Run/Walk to benefit the Berkeley County Humane Society.
Sunday at 2pm– Musselman High School, Inwood, WV.
website: <http://berkeley.wvhumane.com/links.htm>

2012 Events

March 17 // Shamrock Scrambler
5K (Route 9 Ped. Path) & 1 mile Fun Run to benefit the
National Multiple Sclerosis Society
T.A. Lowery Elem. School
email: suzymunnis@live.com

APR 14 // Shepherd Wellness Center 5K
Fun Run

APR 28 // 167th Air Guard C-5K and Kids Run
Martinsburg Airport / 167th Airlift Wing

MAY 1 // International Barefoot Runners Day
Celebrate with TRTreads in Downtown Shepherdstown.

May 5 // Run by the River DAY CARE 5K
A 5k to benefit Shepherdstown Day Care
Meet at the Train Station in Shepherdstown
website: www.shepherdstowndaycare.org

May 12 // Harpers Ferry ½ Marathon, 4 mile &
Kids fun run.

May 19 // CASA 2012 Two Rivers Century Ride
Variety of 10 to 100 mile supported bike rides to benefit abused
or neglected children. Start/finish in downtown Shepherdstown.
email: Vickey@casaep.org

June 3 // Antietam 10K & 5K Run Through History
Antietam National Battlefield, Sharpsburg, MD.

June 23 // The Cougar Challenge
X-Country 5K & 1 M Fun Run in Sam Michaels Park to benefit
Jefferson High School Cross-Country and Track Teams
email: suzymunnis@live.com

October 13 // Freedom's Run
A Race for Health and Heritage
marathon, half marathon, 10k, 5k, kids run
Race includes the historic sites of Harper's Ferry National Park,
the C & O Canal, Antietam Battlefield, and Shepherdstown.
website: www.freedomsrun.org

October 20 // Apple Trample
The 5k race course takes you down the parade route of the
Mountain State Apple Harvest Festival.
website: www.msahf.com

November 3rd or 10th // Wee Warrior Dash.
ALL AGES welcome - one mile obstacle course for kids with ½
mile option. Sam Micheals Park.

THANK YOU 2011 SPONSORS:

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