Quiet Valley Rooster Run

Saturday July 16, 2016 – 9 am

5k Cross Country

Race & Walk

Quiet Valley Living Historical Farm
Stroudsburg, PA

Tour the Quiet Valley Living Historical Farm property over hill and dale past the farm ponds, pastures, apple orchards, historical buildings and through a covered bridge. Course has varying surfaces including grass, dirt, gravel and paved roads.

- Chip timed
- Custom made pottery awards
- Race starts at 9 am with awards ceremony at 10 am.
- **Awards :** Top male & female,
  Top masters male & female
  Top 2 age group male & female
  (12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

Register online and view results at www.TimberHillTiming.com
Registration must be received July 1 to guarantee a t-shirt
Early mail registration ends July 1. ***Early registration prices available online until July 15***
Registration will occur at Quiet Valley starting at 8 am. ***• Rain or Shine***

Proceeds benefit the Quiet Valley Living Historical Farm, a 501(c)(3) non-profit corporation
For more information or to volunteer contact: ***Garret Stahlman • 717.300.1337 • QVRoosterRun@timberhilltiming.com***

Directions to the Start: ***343 Quiet Valley Road, Stroudsburg, PA, 18360*** - *From the East:* I80 West to Exit 304 onto Route 209/33 South. Right at Shafer's School House Road. 1 block, turn left on Business Route 209 South, ½ mile, turn left on Hickory Valley Road (just past Sunoco Station) and follow blue & white signs for 1 ½ miles. *From the west:* I80 East to Exit 302A onto Route 33. Use ***SECOND*** Snydersville Exit. Left on Manor Drive. Go to end of road, about 2 1/2 miles. Follow Blue & White Signs.

Make checks payable to Quiet Valley, 343 Quiet Valley Road, Stroudsburg, PA 18360

First _____ Male ☐ Female ☐

Last _____ ***Age on Race Day*** _____

Street _____

City _____

State _____ **Zip** _____ **Phone** _____ – _____ – _____

Our preferred method of contact is email. Please provide if possible

T-Shirt Size Y ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐

Email _____

Check Appropriate Event

By July 1
- ☐ 5k Rooster Run $20.00
- ☐ 5k QV Member $15.00
- ☐ 5k 12 & Under $10.00
- ☐ Family ***(Family of 4+)*** $15.00/ea

After July 1
- ☐ 5k $25.00
- ☐ 5k 12 & Under $10.00

Race Day
- ☐ 5k $30.00
- ☐ 5k 12 & Under $15.00
- ☐ Donation .....$_____

Waiver Must Be Read and Signed - I know that running a race or bike ride is a potentially hazardous activity and that I should not enter the event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver 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 the organizers of the Quiet Valley Rooster Run, Quiet Valley Living Historical Farm, Timber Hill Technology Solutions, LLC and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. All fees are nonrefundable.

Signature (parent or guardian must sign if under 18 years old) _____

Register Online TimberHillTiming.com