



The Wissahickon
Wanderers Running Club
is Proud to Host:

The 2012 *Back on My Feet* Track Meet & Fundraiser

Tuesday Evening August 21, 2012 – First Race at 6 p.m.

ROXBOROUGH HIGH SCHOOL TRACK
4701 Pechin Street, Philadelphia, PA 19128

ALL AGES/ABILITIES WELCOME
Electronically timed ~ Cookout afterwards

CONTACT: Meet Director: Dan Gordon dgordon95@comcast.net, 215-849-9080

\$10.00 ENTRY SPECIAL !

Introducing the best running deal in town: for \$10, you can run in any or every race in the BOMF Meet. In fact, if you become a Lone Ranger by running in every race, you will be awarded a special race certificate from the Wanderers!!

REGISTRATION / SCHEDULE OF EVENTS:

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Online registration at <http://WanderersRunningClub.org/...> (up until 1 day before the event)

Check the [Wanderers site](http://WanderersRunningClub.org/...) for rain dates and cancellation information on race day.

Check (to participate)

- 400 meter dash at 6 pm
- 1 Mile run at 6:30 pm
- 3,200 meters at 7 pm
- 800 meters at 7:30 pm
- Relay (1,200, 400, 800, Mile) at 7:45 pm
- Donation to *Back on My Feet*

FREE Cookout for participants afterwards

Circle one (\$5 for first event, \$3 for each additional event)

- \$ 3** or **\$ 5**
- \$ 3** or **\$ 5**
- \$ 3** or **\$ 5**
- \$ 3** or **\$ 5**
- \$ 5** (once per relay team)
- \$** (any amount is appreciated !)

Total \$

Instructions:

Please bring **completed form and payment** with you to the Meet.

Exact change (**cash**) is appreciated.
Please make CHECKS PAYABLE to "Back on My Feet".

All proceeds will benefit the [Back on My Feet](http://WanderersRunningClub.org/...) organization

\$10 SPECIAL: enter any or all races !

Name: _____ **E-Mail:** _____

Phone: (____) _____ **Meet Date:** 8/21/2012 **Age on Meet Date:** _____ **Gender (M or F)** _____

Club Affiliation (if any): _____

Waiver: In submitting this form, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have now or here after arising against the Wissahickon Wanderers 2012 Track Meet, all sponsors and race administrators, and their employees, officers, directors, principals, agents, representatives, successors, and assigns, including but not limited to any and all claims of damages, injuries, demands, actions, whatsoever, however they may occur, arising as a result of my participation in said event.

I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, my voice, and/or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purposes whatsoever.

Signed (if under 18, parent/guardian): _____ **Date:** _____