ON LINE ENTRY AVAILABLE AT ACTIVE.com

RACE LIMITED TO FIRST 550 REGISTERED

JOHNNY'S

14th Annual RUN LIKE HELL 5k

Saturday October 22, 2011 3pm

WILLOPUS T-Shirts and Ad Specialties 585-473-8337 since 1973

CASA LARGA

Jim Dalberth's 925 Genesee St.

penfield FITNESS & RACQUET CLUB

PCR TIMING

DUNDEE Ales & Lagers

2011 beneficiary of JOHNNY"S Run Like Hell is the Arthritis Foundation-Genesee Valley Chapter

The 14th Annual Johnny's Run Like Hell 5k will bring together hundredsof Rochester area runners to compete in a great race, enjoy a fine Halloween party and aid the Arthritis Foundation.
This year all entrants will receive a long sleeve t-shirt with a design by Steve Scherer.

Online registration is available at ACTIVE.com through October21. ($20 by October 18 / $22 by October 21)
Registration is available by mail for $20 by mail (mailed by October 19).

Registration and packet pickup is available at Johnny's on Wednesday, Thursday and Friday, October 19, 20, and 21 from 3 pm until 9pm. (Registration $22). Race day registration is $25.
Run Like Hell is offering prizes in three categories: regular overall and age-group racers; individual costume awards; and six-pack teams first place and best costumes.

"14" NUMBERS

To help celebrate thefourthyeenth Johnny's Run Like Hell, the following bib numbers will be issued to the first nineteen pre-entries which include an additional donation to Arthritis Foundation. Those numbers are 1-14, 114, 214, 314, 414 and 514

USATF CERTIFIED 5k COURSE #NY09112KL

Mail Entry Form to Race Director, RUN LIKE HELL 132 Winteroth St. Rochester, NY 14609

Please make entry fee checks payable to "Race Director"

LAST NAME

FIRST NAME

NUMBER & STREET

TOWN/CITY

STATE/PROV.ZIP/POSTCODE

E MAIL ADDRESS

SEX AGE

SHIRT SIZE: T-SHIRTS S M L XL XXL

Early entry Mailed by October 18	$20
At Johnny's 3-9pm October19, 20.21	$22
ACTIVE.com by October 18	$20
ACTIVE.con by October 21	$22
Race day noon - 2:45	$25
Optional Donation to Arthritis Foundation	
TOTAL	

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road. All such risks being known and understood 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 CATS Athletic Club, William Kehoe, Willopus T-Shirts, sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Participants under the age of 18 must have this form signed by their parent or guardian.

Signature_____ Date_____

Parent's Signature_____ Date_____

PSN/BIB

RACE USE ONLY

Results and Entry Forms available @ www.catspage.com