

21ST ANNUAL BOW TREE RUN

SUNDAY, OCTOBER 18, 2009

5-K & 10-K RACES, 1 MILE WALK AND KIDS RUNS

WEST CHESTER, PA

10K starts at 8:00 a.m. 5K and Mile Walk start at 8:30 a.m. Kids Runs start at 9:15 a.m.
10-K and 5-K Courses USATF Certified*

COST

Early registration (by October 1):
\$15 for 5K & 10K Run and Walk
\$5 for Kid's Fun Runs

After October 1:
\$20 for 5K and 10K Run & Walk
\$10 for Kid's Fun Runs

ONLINE REGISTRATION

Register online at:
www.bowtreerun.org
or www.active.com

AMENITIES

High Quality, Long Sleeve Moisture Wicking shirts to all registered 10-K and 5-K runners and walkers.

Finish line results provided by
The Athlete's Closet.

5K & 10K AWARDS

- Top 3 male and female finishers overall
- Top 3 male & female finishers in each age group
- Top 3 male & female Bow Tree residents (5-K only)
- Awards Ceremony Immediately Following the Kids Races

5K & 10K AGE GROUPS

12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Kid's Fun Runs (for ages 12 and under) will feature ribbons and special tee shirts for all participants. Medals for top three girl and boy finishers in each heat.

* 10-K Course certification pending.

SPONSORS

Coldwell Banker Preferred
Robert Fanning
HappyLawn
J.B. Funk Construction, Inc.
Surgical Specialists, P.C.
Blank Rome LLP
Smedley Orthodontics
First National Bank of Chester County
Brian Shuffler, D.C.
Lee's Cleaners
Bagel Bistro

LOCATION

The Bow Tree community is located on Route 352 in West Chester, East Goshen Township, Chester County, just one mile north of Route 3. For additional information, course maps or to register online visit our website at:
www.bowtreerun.org

2009 REGISTRATION FORM

Send completed form to: Bow Tree Run, 1634 Herron Lane, West Chester, PA 19380. Make checks payable to Bow Tree Civic Association. For more information, call Bob Burke at (610) 918-0365 or e-mail burke@blankrome.com.

Name _____ Male ___ Female ___

Street Address _____ Phone _____ Bow Tree Resident _____

City/State/Zip _____ e-mail address _____

Age on day of race _____ Circle one: 10-K 5-K Walk Run Kid's Fun Run Volunteer

Adult long-sleeve shirt size (circle one) S M L XL Kids Run (Note: Kid's shirts are one-size-fits-all.)

In consideration of the foregoing, I, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I have against the Bow Tree 5-K and 10-K Run/Walk, its principals, the Bow Tree Civic Association, East Goshen Township, all sponsors and their representatives, and any and all claims of damages, demands, actions, whatsoever in any matter, as a result of my participation in said event; including, but not limited to any injuries I might suffer. I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained.

Signature _____

Date _____

Signature (parent/guardian if under 18) _____