



Run or Walk the Aardvark Aamble!

Presented by Aardvark Sports Shop
In cooperation with the Pocono Area
Running Club and the
Delaware Water Gap National
Recreation Area

5 Mile Road Race

And

5-K Trail Walk

Sunday, November 8 —10 AM
Smithfield Beach
(7 miles north of Delaware Water Gap, PA)

- 5 Mile limited to 500
- 15 Age Groups
- 96 Unique Awards
- Fast Road for 5 mile Race
- Groomed Flat Trail for 5K Walk
- Great Goodie Bag
- Professional Timing and Scoring
- Age-Graded Results Available
- Souvenir Program
- Hot Food and Good Music
- Proceeds to Benefit the Teacher Ranger Program
- Post Race Results Mailing

Register online at: www.raceforum.com/aardvark

Rain or Shine -NO REFUNDS

Name: _____

Address: _____

Phone: _____

Email: _____

5 mile road race
\$25 by October 30
\$30 thereafter

5-K Trail Walk
\$20 by October 30
\$25 thereafter

Waiver: I understand that a road race or trail walk is a potentially hazardous activity. In consideration of acceptance of this entry I, the undersigned, hereby release and forever discharge Aardvark Sports Shop, the Pocono Area Running Club, the National Park Service, their agents, servants and employees from any or all manner of actions, personal injury, including death, or any cause whatsoever, which I may have against them by reason of or arising out of my participations in the above listed activity.

Male Female Age on 11/8/09 _____

Shirt Size: SM MD LG XLG

I have read and understand this waiver. (if under 18, parent or guardian must sign) _____

Make check payable to: Aardvark Aamble and mail or deliver with this form to:
Aardvark Sports Shop, 639 Main Street, Stroudsburg, PA 18360
www.aardvarksportsshop.com 570-424-6431