



Run or Walk the 3rd Annual 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 13 —10 AM

Smithfield Beach
(7 miles north of Delaware Water Gap, PA)

- Team Competition
- Short Races for Kids
- Nature Walk for Kids
- 5 Mile limited to 500
- 13 Age Groups
- Custom Overall Awards
- Groomed Flat Scenic Trail for 5K Walk
- Incentives for New Overall and Age Group Records
- Professional Timing and Scoring
- Age-Graded Awards (10 deep Men/Women)
- Quality Sweatshirts

REGISTRATION—AARDVARK AAMBLE—NOVEMBER 13, 2011

Please print clearly. One form per registrant. Event held rain or shine. No refunds

Name: _____ Male Female Age on 11/13/11 _____

Address: _____

Phone: _____ Evening: _____ Email: _____

5 Mile Road Race \$25 by October 28, \$30 thereafter. If under 18 deduct \$5

Team competition? (Y/N) Name of team _____ Team Captain _____

5k Trail Walk \$20 by October 28, \$25 thereafter. Supervised children 5—12, \$10

Aardvark Pre-Aamble Nature Walk for Kids 5—12. FREE, but no shirt

Short races for kids 5 –12. Free, but no shirt. Kids may do both Pre-Aamble and races.

Sweatshirt Size: SM MD LG XLG XXL

NOTE: Shirts guaranteed only to those who register by October 28!

Waiver: I understand that a road race and 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.

Signature (Required) _____ Date _____

(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

For all details see www.aardvarkaamble.com Follow us on Facebook! varkpd@ptd.net 570-424-6431

