



**Evolve IP Spring Fling 5 Mile**  
**April 18, 2015**  
**5 Mile Run**  
**Race Start: 9:00AM Sharp**

**Why:** Enjoy a Spring Saturday with a Fast, Flat Out & Back Run on the Chester Valley Trail to benefit MANNA and its sponsored programs and organizations (for further information, please visit [www.mannapa.org](http://www.mannapa.org))

**Location:** Evolve IP Corporate Center and the Chester Valley Trail, 989 Old Eagle School Road, Wayne, PA 19087

**Awards:** First, second and third place overall (male and female)

**Entry Fee:** Prior to day of registration, **\$35 (per individual)**; day of registration, **\$40 (per individual)**

**Questions:** Please contact Evolve IP Cares, 610-230-2405. or email [springfling@evolveip.net](mailto:springfling@evolveip.net)

**Rules:** NO REFUNDS! All fees are contributions that will go directly to MANNA.  
 Race will be held rain or shine!  
 Pre-registration is greatly appreciated. T-shirts guaranteed to those who pre-register.

**Payment:** Make check payable to "MANNA". Mail payment with this form to:  
**Nicole Linehan Evolve IP 989 Old Eagle School Rd Suite 815 Wayne PA 19087**

Or register online at [www.brynmawrracing.com](http://www.brynmawrracing.com) (click on race calendar).

\*\*\*\*\*

By indicating my acceptance, I understand, agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained, and I acknowledge that I am fully responsible for the knowledge of my own state of health in choosing to participate in this event. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. I also assume and acknowledge that I am fully and solely responsible for any or all other risks associated with running or attending the race, including, but not limited to, falls or other injury (including permanent disability and death), contact with other participants, the effects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the organizers of this event, all municipalities in which the race crosses, the race committee, volunteers, Evolve IP Corporate Center, all other organizations directly or indirectly associated with the race, any or all sponsors, including their agents, employees, assigns or any one acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

**Signature:** \_\_\_\_\_ (If under 18, Parent Guardian Signature) Date \_\_\_\_\_

\*\*\*\*\*

**Name:**

**E-mail:**

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Gender:** M F **Age on race day:** \_\_\_\_\_

**Shirt Size:** S M L XL **Team Name:** \_\_\_\_\_