



Run or Walk the 2nd 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, September 26 — 10 AM

Smithfield Beach

(7 miles north of Delaware Water Gap, PA)

- 5 Mile limited to 500
- 13 Age Groups
- Custom Overall Awards
- Scenic Fast Course (closed to traffic)
- Groomed Flat Scenic Trail for 5K Walk
- Incentives for New Overall and Age Group Records

- Professional Timing and Scoring
- Age-Graded Awards
(10 deep, age 40 and over, Men/Women)
- Technical Shirts
- Good Food and Music
- Proceeds to Benefit the Teacher Ranger Program of the DWGNA

Register online at:

www.raceforum.com/aardvark

Rain or Shine -NO REFUNDS

Name: _____

Address: _____

Phone: _____

Email: _____

Male Female

Age on 09/26/10 _____

Shirt Size: SM MD LG XLG 2XL

- 5 mile road race
\$25 by September 15
\$30 thereafter
- 5-K Trail Walk
\$20 by September 15
\$25 thereafter
\$10 Children 13 and under
accompanied by an adult
(no shirt, but special gift)

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.



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

Make check payable to: Aardvark Aamble. Mail or deliver with this form to:

Aardvark Sports Shop, 639 Main Street,
Stroudsburg, PA 18360

www.aardvarksportsshop.com 570-424-6431