

Race: Making Tracks Toward The Cure: A Race For ALS Research  
September 28, 2012

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Gender: (circle) Male / Female

Date of Birth: (MM-DD-YYYY) \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Country: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Size: (circle) Small / Medium / Large / X-Large

Estimated Finish Time: \_\_\_\_\_

Waiver: I know and understand that running in a road race is a potentially hazardous activity. I attest that I am medically able to run and properly trained for the event. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume any and all risks associated with running in this event, including to but not limited to: falls, contact with other participants, effects of the weather, traffic, the condition of the road, and gastrointestinal discomfort. All such and related risks are known and appreciated by me. Having read and understood this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, hereby waive and release the race, race organizers and volunteers, all sponsors, US Road Running, USATF, their representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I attest that I am aware this is a demanding physical activity and have consulted my doctor or other qualified medical professional to ensure that I am in proper physical health to undertake this running event. I recognize that the course is tentative and subject to alterations to accommodate final measurements, emergency road construction, or un-foreseen damage done to the proposed course. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I understand that headphones, bicycles, and strollers are not allowed in any event. I will abide by these guidelines.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

\*A parent or guardian must sign if participant is younger than 18 years old.

Please mail along with check payable to:  
"Noll 5k Fund" 705 Saint Johns Place, Dallastown, PA 17313

Event is sanctioned by USA Track & Field.  
\*\*\*THE WAIVER MUST BE SIGNED AND TURNED IN ON OR MAILED  
BEFORE RACE DAY TO RECEIVE NUMBER AND T-SHIRT. \*\*\*

This is in accordance with Megan Noll's and Elizabeth Rothrock's  
Culminating Projects for Dallastown Area Senior High School.



Show Your Support and Join the  
Cause!

# Making Tracks Toward The Cure: A Race For ALS Research

28 SEPT, 2012  
John Rudy County Park



University of Pittsburgh

#### WHAT IS ALS?

Amyotrophic lateral sclerosis, or ALS, is a neurological disease which occurs in the nerve cells of the brain and spinal cord that cause the body's voluntary movement. More commonly known as Lou Gehrig's disease, this genetic disease affects 5 out of every 100,000 people worldwide. ALS causes the deterioration and death of neurons (nerve cells) in muscles and eventually leads to the inability to move the arms and legs. As the disease takes its toll and worsens, it makes it impossible for the chest muscles to allow the body to breathe on its own.

#### WHAT IS THE BENEFIT?

This 5k race will benefit the research and development of new treatment options for ALS patients. The hope is that our donations can help find a cure! All proceeds will be sent to the research facility at the University of Pittsburgh where their goal is the same as ours: HELP FIND A CURE! There will also be raffle prizes from random, race number drawings!

#### DONATIONS

Donations can be made on the day of the race! Or can be mailed ahead of time.

#### AWARDS

- ✘ Top 3, Age Group 12-19, Male and Female
- ✘ Top 3, Age Group 20-29, Male and Female
- ✘ Top 3, Age Group 30-39, male and Female
- ✘ Top 3, Age Group 40-49, Male and Female
- ✘ Top 3, Age Group 50-59, Male and Female
- ✘ Top 3, Age Group 60+, Male and Female

ALL RUNNERS HAVE A  
CHANCE TO WIN A  
RAFFLE PRIZE, TOO!



#### WHAT?

Making Tracks Toward The Cure: A Race For ALS Research

#### WHEN?

September 28, 2012. Race starts at 6:00 PM. Race bib and T-shirt pick-up will be from 5:00-5:45 PM.

#### WHERE?

John Rudy County Park. 400 Mundis Road, York, PA 17406. Report to the Blue Spruce Pavilion located in the park for number and shirt. Post-race snacks and awards will be given here too.

#### COST?

Each individual is \$15.<sup>00</sup> without a T-shirt and \$20 with a T-shirt.

#### HOW?

Mail-in registration or go online to [http://usroadrunning.com/index.php?club\\_id=120](http://usroadrunning.com/index.php?club_id=120)

8.

#### WHY?

To give a fighting chance to those who are affected by the deterioration caused by Lou Gehrig's disease.

#### CAN' T MAKE IT??

If you can't make it, PLEASE show your support by making a donation! All donations are appreciated

and can be sent by mail to:

Megan Noll

705 Saint Johns Place

Dallastown, PA 17313

Checks can be made out to "Noll 5k Fund"