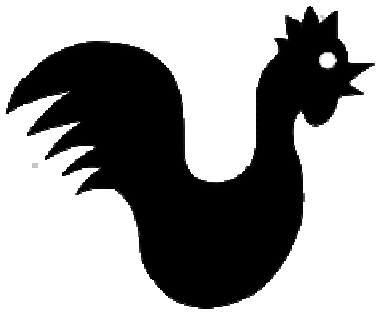
Quiet Valley Rooster Run



Quiet Valley Living Historical Farm
Stroudsburg, PA

Saturday July 9, 2011 – 9 am

5k Cross Country Race & Walk

- Tour the Quiet Valley Living Historical Farm property over hill and dale, past the farm ponds, pastures, apple orchards and historical buildings. Course has varying surfaces including grass, dirt, gravel and paved roads
- Awards ceremony at 10 am
- Music in the Valley 12 noon – 6:30 pm

Awards

Top male & female
Top masters male & female
Top 2 age group male & female (12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

Music in the Valley

A day to enjoy performances of different music styles such as folk, country, gospel, etc designed to perpetuate old time musical traditions. There will be hands-on opportunities, sing-a-longs, storytelling and more. Groups will perform at various venues about the farm. This event will be held under tents, rain or shine from noon to 6:30 pm. Regular Farm Tours will be available 10:00 to 4:00. Discounted admission with race registration.

All early-registrants will receive a cotton t-shirt • Upgrade to a tech shirt is available
Early-registration ends June 25
Early registration prices available on Active.com until July 8 • Rain or Shine
Discounted admission to Music in the Valley with race registration

Registration will occur at Quiet Valley starting at 8 am.

Proceeds benefit the Quiet Valley Living Historical Farm, a 501(c)(3) non-profit corporation

Online registration available at ***www.active.com.*** Results will be posted at ***www.timberhilltiming.com***

For more information or to volunteer contact: ***Ceal Yost • 570.424.1085 • QVRoosterRun@timberhilltiming.com***

Directions to the Start: ***1000 Turkey Hill Rd, Stroudsburg, PA, 18360*** - *From the East:* I80 West to Exit 304 onto Route 209/33 South. Right at Shafer's School House Road. 1 block and turn left on Business Route 209 South, ½ mile and turn left on Hickory Valley Road (just past Sonoco Station) and follow blue & white signs for 1 ½ miles. *From the west:* I80 East to Exit 302A onto Route 33. Use ***SECOND*** Snydersville Exit. Left on Manor Drive. Go to end of road, about 2 1/2 miles. Follow Blue & White Signs.

Make checks payable to Quiet Valley, 614 Bryant Street, Stroudsburg, PA 18360
Quiet Valley members subtract $5 • 12 & under $10.00 • After June 25 add $5

First _____ **Male** ❑ **Female** ❑

Last _____ ***Age on Race Day*** ____

Street _____

City _____

State ____ **Zip** _____ **Phone** ___ - ___ - ____

Our preferred method of contact is email. Please provide if possible

Email _____

Check Appropriate Event

- ❑ 5k Rooster Run.....$20.00
- ❑ Family Rate.....$15.00 ***(Family of 4+ mailed together)***
- ❑ Upgrade to tech shirt...$10.00
- ❑ Join Quiet Valley.....$25.00
- ❑ Donation.....$_____

T-Shirt Size Y ❑ S ❑ M ❑ L ❑ XL ❑ XXL ❑

Waiver Must Be Read and Signed - I know that running a race or bike ride is a potentially hazardous activity and that I should not enter the event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Quiet Valley Rooster Run, Quiet Valley Living Historical Farm, Timber Hill Technology Solutions, LLC and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. All fees are nonrefundable.

Signature (parent or guardian must sign if under 18 years old) _____

Timing By
Timber Hill Timing.com

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