



6th ANNUAL | JULY 16 | 5K RUN / WALK / 1 MILE FUN RUN
ROUND THE PAVEMENT | 2011 | STROLLER STRUT / DOG WALK

Pound the Pavement, in memory of Kevin Carey, will take place in historic downtown Pendleton in Falls Park. The race starts and finishes in Falls Park and winds through the trails on the outskirts of the park.

Packet Pickup

6:45am - 7:45am Community Bldg.
(299 Falls Park Dr., Pendleton, IN 46064)

Race Time

July 16, 2011 at 8:00am (rain or shine)

Entry Fee

5K Run/Walk

\$19 – through July 2nd \$22 – on or after July 3rd

1 Mile Fun Run/Stroller Strut/Dog Walk

\$15 – through July 2nd \$17 – on or after July 3rd

All registrants will receive a 2011 Pound the Pavement t-shirt. The 5K course is USATF Certified. 5K entry fee includes IPICO (chip timing). All 5K participants will receive an official time. All 1 Mile participants will not receive an official time and will not compete with an IPICO Chip. Those 1 Mile participants entering as a dog walker will receive a free Pound the Pavement doggie bandana.

Mail in Registration:

Coach Carey Foundation, Inc.
P.O. Box 85
Pendleton, IN 46064
Race day registration also available
www.poundpavement.com

Online Registration:

Health Fair (sponsored by)



There will be a Health Fair near the start/finish area. Local medical professionals will be administering cholesterol and blood pressure screenings. In addition, there will be massage therapists on-site offering stretching and massages. Free literature on nutrition and other health-related topics will be available to take with you.

Awards

Awards will be given to the top 3 overall male and female finishers. In addition, the top 3 male and female finishers in each age division will receive an award.

Entry Form: (one participant per entry form)

Name: _____

Sex: M F **Age Day of Race:** _____

Address: _____

Phone: _____

E-mail Address: _____

Shirt Size: Adult: S M L XL XXL **Youth:** S M L

Check one: 5K Run/Walk Participant 1 Mile Fun Run/ Stroller Strut/Dog Walk

If You Are A Dog Walker, Check Here For A Free Doggie Bandana

Release and Waiver Statement (must be signed)

I have read the Pound the Pavement entry form completely and understand the policies of the event. I know that participating in a road race is a potentially hazardous activity and will require running on pavement, uneven trails, barriers and other obstacles. I should not participate unless I am medically able. I understand the nature of, and assume all risks associated with, my voluntary participation in this event, including, but not limited to falls, contact with other participants, traffic, the effects of weather, including extreme temperatures and precipitation. Knowing these facts, I for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE Coach Carey Foundation, Inc. and any and all sponsors affiliated with the 2011 Pound the Pavement Run/Health Fair, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether seen or unforeseen, for death, personal injury or property damage arising out of, or in the course of, my participation in this event. I further grant full permission to the Coach Carey Foundation, Inc. and/or agents authorized by them to use any photographs, video tapes, motion picture or other records of the event for any reasonable purpose.

Signature of Participant

Date

Signature of Parent or Guardian

(for participants under 18 years old)

Date



Thank You To Our 2011 Sponsors



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