

## REGISTRATION APPLICATION

### *Read and Sign before mailing:*

In submitting this entry, I for myself, my executors, administrators and assignees do hereby release and discharge all damages, demands and actions whatsoever in any manner arising from my participation in said athletic activity and party. I am physically fit and sufficiently trained and have full knowledge of risk involved. I also agree that I may be examined during the race by a qualified professional in the event that medical problems arise. Race officials or qualified personnel have the right to disqualify and remove me from the event if, in their opinion, I may be suffering from a life-threatening condition. Skaters: All skaters must be 18 years of age or older and must wear helmets and wrist guards. Other safety equipment is recommended.

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**SIGNATURE**

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*Parent/Guardian if under 18*

**PHOTOCOPIES ARE ACCEPTABLE**

### **FOR FURTHER INFORMATION CONTACT:**

Loretta Berger  
Run Like Hell Event Director

P: 412-321-4422

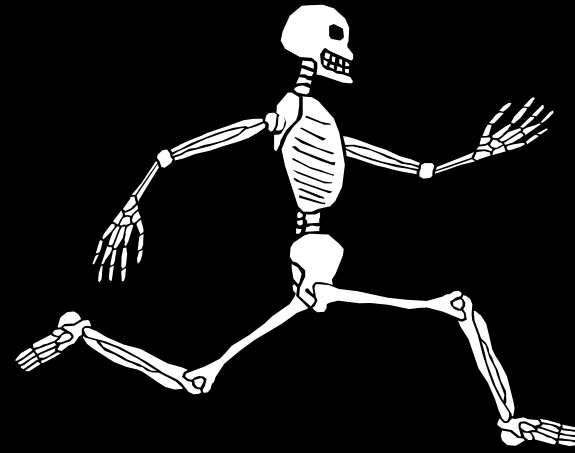
F: 412-321-9305

**11th ANNUAL  
RUN  
LIKE  
HELL**  
5k Run/Walk/Skate  
and Halloween Party

*Benefits the Cystic Fibrosis Foundation*

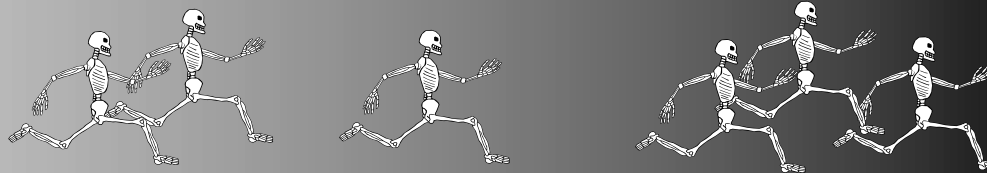
810 River Avenue Suite 100  
Pittsburgh, PA 15212

**11th ANNUAL  
RUN  
LIKE  
HELL**



**October 25, 2003  
North Shore  
6:00 p.m.**

**5k Run/Walk/Skate  
and Halloween Party**



**DATE**

October 26, 2002 Rain or Shine

**TIME**

6:00 pm

**LOCATION**

Pittsburgh's North Shore underneath the Veteran's Bridge

**FREE PARKING**

**PRE-RACE PACKET PICK-UP**

Cystic Fibrosis Office  
Friday October 25, 2002  
9:00 am-4:00 pm

**RACE DAY REGISTRATION**

4:00 pm-5:30 pm

**SURVIVOR PARTY**

6:00 pm-9:00 pm  
Parking lot under Veteran's Bridge on North Shore  
Free food, drinks, costume contest, live music, cheap beer!

**AWARDS**

Place awards will be given for age groups during Survivor Party

**RACE RESULTS**

www.runhigh.com

ATTENTION: Because of risks to people with cystic fibrosis (CF), individuals with a confirmed positive sputum culture for Burkholderia cepacia complex shall not attend this event. This is because B. cepacia can be passed between individuals who have CF through close proximity. B. cepacia infection in a person with CF can cause serious respiratory illness and, in some patients may lead to death. Despite this policy, there might be still some individuals with B. cepacia in attendance. B. cepacia is not a risk for otherwise healthy individuals. For alternative ways to participate and for information about this policy, please contact the CF Foundation at (800) FIGHT-CF or visit our website at www.cff.org. Consult your CF care center physician with medical questions.

**THE RUNNING COURSE**

The Run Like Hell begins underneath the Veteran's Bridge on Pittsburgh's North Shore. The course is an out and that totals 3.1 miles (5K). The course follows along the Allegheny River; down River Avenue, there is a slight going up to 30th street, runners turn right on 30th street proceeding into Washington's Landing. The course continues to Three Rivers Rowing to the turn around. The course is certified and is primarily fast, and flat. More importantly...Don't Forget your costumes!!!!

**THE WALKING COURSE**

The Run Like Hell "walk" begins underneath the Veteran's Bridge on Pittsburgh's North Shore on the walking trail. The trail is a flat, cinder/paved course that is @ miles (5K). The course follows the trail along the Allegheny River to Trolls. There will be a water station here. This is your turn around. Volunteers will be stationed along the course with flashlights. More importantly...Don't Forget your costumes!!!!

**THE SKATING COURSE**

The Run Like Hell "skate" is the same course as the runners, however ALL skaters will have a 10 minute lead time on runners/walkers. Skaters will begin promptly at 6:00 More importantly...Don't Forget your costumes!!!!

**DIRECTIONS**

**FROM THE NORTH**

Take 279 S to the East Street Exit; follow East Street until you come to the intersection of East Ohio Street. Make a left onto East Ohio Street; get into the far right hand lane and make a right onto 16th Street; follow underneath the underpass to the light; make a right onto Progress Street follow the signs

**FROM THE SOUTH / WEST**

Take 279N through the Fort Pitt Tunnel, follow until the 28N exit, then follow the Chestnut Street Exit. Make a right onto 16th Street and a right onto Progress Street. Follow Signs

**REGISTRATION APPLICATION**

- Running/Party .....\$20.00
- 4 wheel Sprint Skate/Party .....\$20.00
- 5 wheel sprint skate/Party .....\$20.00
- Walking/Party .....\$20.00
- Party Only  
(if received by October 18, will include t-shirt) .....\$15.00

**Total:** \_\_\_\_\_

**Method of Payment**

- Discover
- MasterCard
- Visa
- Check - Before 10/26/02 \$20  
On-Site \$25 (runner bag and t-shirt not guaranteed)

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Exp. date

Please circle your t-shirt size: SM - MD - LG - XL

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

( ) \_\_\_\_\_  
Phone

\_\_\_\_\_  
E-Mail

**M or F**

\_\_\_\_\_  
Age on 10/26/02 Sex

**Total amount enclosed: \$** \_\_\_\_\_

\$10 of your race registration fee is tax deductible