

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.

SIGNATURE

Parent/Guardian if under 18

PHOTOCOPIES ARE ACCEPTABLE

FOR FURTHER INFORMTION CONTACT:

Loretta Berger  
Run Like Hell Event Director  
Phone: 412-321-4422  
Fax: 412-321-9305  
E-mail: lberger@cff.org



Benefits the Cystic Fibrosis Foundation  
810 River Avenue Suite 100  
Pittsburgh, PA 15212

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 179  
PITTSBURGH, PA

12th ANNUAL  
RUN  
LIKE  
HELL



October 23, 2004 • North Shore • 6:00 p.m.

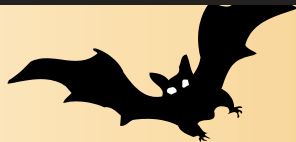
5k Run/Walk and  
Halloween Party

PROUD SPONSORS



PITTSBURGH PUBLIC PARKING

Design by ZYLKA



DATE

October 23, 2004 Rain or Shine

TIME

6:00 pm

LOCATION

Pittsburgh's North Shore underneath the Veteran's Bridge

FREE PARKING

Parking will allow for easy access in and out of the race located behind Riverfront Place

PRE-RACE PACKET PICK-UP

Cystic Fibrosis Office  
Friday October 22, 2004  
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 AND RACE RESULTS

Age division awards for the top three male and female's in 5K.

Awards for the following age groups:

- 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+

Official race results will be posted on [www.runhigh.com](http://www.runhigh.com)

REGISTER ONLINE

[www.active.com](http://www.active.com)

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 3.1 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!!!!

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



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](http://www.cff.org). Consult your CF care center physician with medical questions.

REGISTRATION APPLICATION

Pre-registration before 10/21/04 will be \$25  
On-Site registration will be \$25

- ☐ Running/Party .....\$25.00
- ☐ Walking/Party .....\$25.00
- ☐ Party Only  
(if received by October 21, will include t-shirt) .....\$25.00

REGISTER ONLINE

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

[www.active.com](http://www.active.com)

Method of Payment

- ☐ Discover ☐ Visa
- ☐ MasterCard ☐ Check - Before 10/21/04 \$25  
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 \_\_\_\_\_

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

M or F  
Sex \_\_\_\_\_

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

\$10 of your race registration fee is tax deductible

Mail your application and payments to:

810 River Avenue, Suite 100,  
Pittsburgh, PA 15212, Attn: Run Like Hell

PLEASE READ AND SIGN BACK OF FORM