



**19th Annual SCROOGE SCRAMBLE**  
**Friday, December 25, 2009 - 10:30 AM**  
**Start & Finish @ Cornerstone Community Center**  
**3 Prospect Street Rockville, CT 06066**

**Distance: 5K**

**Registration: 9:30AM at the Community Center**

**For Admin Use Only**

Donation: \$ \_\_\_\_\_

Cash

Check # \_\_\_\_\_

Bib # \_\_\_\_\_

Come and join the fun on Christmas morning for a 5K run to benefit the Cornerstone Shelter programs which includes the homeless shelter, clothing bank, youth center and soup kitchen. This is the only race in New England or in the United States (that we could find) on Christmas morning. Monetary donations are graciously accepted which will be used to operate the shelter year round.

Checks can be made out to the **Cornerstone Foundation, Inc.** Donations of canned goods, coffee, paper products, plates, cups, napkins, plastic utensils, bleach, laundry detergent, and clothing are also welcome. For information on the Cornerstone go to: [www.cornerstone-rockville.org](http://www.cornerstone-rockville.org)

Dogs, walkers and parents with strollers are encouraged to participate. Feel free to wear your holiday attire. There will be a course map at the start and each mile will be marked with life sized candy canes. Park at the Community Center, 3 Prospect Street or on the street nearby. You may leave your valuables, running bags, etc. inside the center. Join us after the run for coffee, hot chocolate, and carbs followed by an informal awards ceremony.

**Entry Form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Male  Female

Age:

**WAIVER:**

I know that participating in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risks of running in traffic. I also assume any and all other risks associated with running this event and its related activities, including but not limited to; falls, contact with other participants, effects of the weather, including extreme cold and wind; and the other conditions of the roads, intake of food or beverage provided at the race; all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry fee, I hereby, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Silk City Striders, Race officials, Volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims, liabilities for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release or waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, know and unknown. Application of minors under 18 will be accepted on/with a parent's signature.

\_\_\_\_\_  
 Athlete's Signature (Parent's signature if athlete is under 18 years of age)

\_\_\_\_\_  
 Date

**There is no Pre-Registration**  
**Please bring this application with you on race morning**



Questions?

Email [jpromayko@sbcglobal.net](mailto:jpromayko@sbcglobal.net) or [mlouwhite@comcast.net](mailto:mlouwhite@comcast.net)