

Run or Walk the 4th Annual River Ramble Fall Classic



5K and 10K Road Race - 2 Mile Walk

Presented By "Ready Set Run" Running Store Stroudsburg, PA
In Cooperation with Bushkill Falls and The Delaware Water Gap National Recreation Area

The Delaware Water Gap National Recreation Area Children's Programs and Women's Resources benefit from this event

Sunday, November 8, 2015 - 9am

Smithfield Beach - 7 Miles North of Delaware Water Gap, PA

- Out & Back Rolling Hills
- 5k & 10K Race Limited to **500** Total
- Scenic Trail for 2 Mile Walk
- Timing and Scoring by Pretzel City Sports
- Prizes to top Overall Male and Female
- Overall Awards 8 Age Groups—5K
- Overall Awards 7 Age Groups—10K
- Course Time Limit: 90 Minutes to 5K & 10K
- Hooded Sweatshirt to all registered by October 16

Please Print Clearly

Name _____ ☐ Male ☐ Female Age on 11/8/15 _____

Address _____

Phone (____) _____ E-Mail _____

☐ 5K Road Race \$30 ☐ Run ☐ Walk

☐ 10K Road Race \$30 **Note: 90 minute cut off time**

☐ Undecided 5K/10K Road Race Option \$30

☐ Fun 2 Mile Trail Walk \$30 (Non timed event)

Sweatshirts guaranteed only to those who register by October 16

Select Adult Sweatshirt Size:

☐ S ☐ M ☐ L ☐ XL

Waiver: I understand that a road race trail walk is potentially hazardous activity. In consideration of this entry I, the undersigned, hereby release and forever discharge Ready Set Run, The National Park Service, their agents, servants, and employees from any or all manner of actions, personal injury, including death, or any cause whatsoever, which I may have against them by reason of or arising out of my participation in the above listed activity.

Signature (required) _____ Date _____

Make Checks Payable to River Ramble and mail or deliver with this form to:

Ready Set Run 431 Main Street, Stroudsburg, PA 18360 570-424-6431 rrfc5k10k@gmail.com

Optional online registration (nominal fee) www.pretzelcitysports.com (Closes 11/4)

www.readysetrunpoconos.com



Look for updates on Facebook



River Road Closes 10 Minutes Prior to Race. Reopens after all racers cross finish line.

*****Carpooling is encouraged**

Results posted in 24 hours on www.pretzelcitysports.com

**BUSHKILL
FALLS**