

Seton Manor
PRESENTS the 1st ANNUAL
Run to Remember

5K Trail Run & 1 Mile Fun Run/Walk

Sat, May 2, 2015 – 9:30 AM
Orwigsburg, PA

LOCATION/REGISTRATION: Starts at Seton Manor, 1000 Seton Drive, Orwigsburg, Pa 17961; Registration/number pickup at St. Francis Pavilion starting at 8:30 AM. 5K at 9:30 AM, Fun Run at approx. 10:45 AM.

COURSE: 5K Trail Run - Hilly with a combination of rocky terrain and dirt paths. Fun Run – macadam

AMENITIES: T-shirt to all pre-registrants. Refreshments for all finishers, plenty of parking, time clock at finish and instant results for 5K participants ONLY. Results available on www.pretzelcitysports.com in 1-2 days. Held rain or shine. No refunds.

AWARDS: 5K Awards for the overall top male & female winner as well as top male and female winners and runner-ups of the following categories: 18 & Under: 3M, 3F 19-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+: 3M, 3F

ENTRY: For 5K: \$25 if postmarked by April 15th, 2015. After April 15th or day of race: \$30. For Fun Run: \$10 if postmarked by April 15th. After April 15th or day of race: \$15. T-shirt guaranteed for all pre-registered participants. T-shirts available on day of race while supplies last.

GENERAL DIRECTIONS FOR ALL: Route 61N/S to PA-443/W. Market St. Approx. 1.3 miles turn left onto Seton Drive.

MAIL CHECK PAYABLE TO SETON MANOR & FORM BELOW TO: Seton Manor, Attn: Alicia Smith, 1000 Seton Drive, Orwigsburg, Pa 17961 or **REGISTER ONLINE** at www.pretzelcitysports.com (nominal service fees apply).

RACE DIRECTOR: Alicia Smith: (570) 366-7645, alicia.smith@setonmanor.org.

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K FUN Sex: M F Phone: (____) _____ A.M. or P.M.

Shirt Size (circle one): Adult S M L XL Youth S M L

email _____@_____

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there may be traffic part of the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Seton Manor, Inc. and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 2015

For Race use only

Bib No.

Date Received:

Entered In DB:

Amt Paid: \$

Check No: