



## 3.43 Mile Run/Walk & 1 Miler - Sat, May 21, 2016 – 8:30am East Earl, PA

**Location/Registration:** Garden Spot Fire Rescue station 3, 4305 Division Highway, East Earl, PA. 5k Run/Walk is \$25 by April 30; includes a guaranteed shirt in the size you request. After April 30, including race day, \$30 while shirts last. 1 mile fun run/walk fee is \$20 with shirt until 4/30, \$25 after that including race day, no guaranteed shirt. Early packet pick-up at GSFR station 3, from 4pm-6pm on Fri. 5/20 or pick up race day 7:00-8:10 am. Ceremony starts promptly at 8:10am. 3.43M Run at 8:30AM. IM Fun Run to immediately follow. **Online registration is available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)** (small service fee, closes Wed, 4/29).

**Details:** 3.43 mile course in memory of the 343 fallen firefighters on 9/11. Every 52 feet run remembers another firefighter who never came home that day. Rolling course through beautiful Lancaster Co. farmland. Professionally timed by Pretzel City Sports. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards. Grab bags to all finishers. A silent auction, merchant tents, and a landing by Life Lion-race participation not required.

**Awards:** Special award for overall M & F winners. Other awards are as follows: Top 3 male and female in each age bracket; 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Directions:** Just off Rt 322 in East Earl, PA. Mapquest or GPS location is 4305 Division Highway, East Earl, PA. The Flower & Home Marketplace aides this event and free parking will be available there via Broad Street to a back lot.

Fill in & sign form below, with a check or money order made out to "GSFR" **SSHR MUST be on memo line.** Mail to: GSFR—SSHR Run, 339 E Main Street, New Holland, PA 17557. One form per entry. **Questions?:** Contact Tracey Johnston at [tracey.johnston@yahoo.com](mailto:tracey.johnston@yahoo.com) or 717.341.2467.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_\_\_M \_\_\_\_F

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Registering for: 3.43 mile run \_\_\_\_\_ 1 mile fun run/walk \_\_\_\_\_

T-shirt size: **Adult** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Waiver:** I understand that participating in a 3.43 mile run or 1 mile fun run/walk is potentially hazardous and that I should not enter unless I am medically able and properly trained. I also acknowledge that the course is a bit hilly and that some of the footing may be poor, and I assume the risk of running on it. I also assume all other risks associated with running this race including but not limited to falls, contact with other participants, the effects of weather, and the conditions of the course. Knowing these facts and in consideration of your acceptance of my entry and 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, the Screaming Sirens Hero Run, Garden Spot Fire Rescue, The Flower and Home Market Place, East Earl Township and their affiliates, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf for any or all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Screaming Sirens Hero Run and Garden Spot Fire Rescue to use any pictures or likenesses of me secured at the event in any way they see fit without my review, restrictions, or compensations. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature: \_\_\_\_\_

Date \_\_\_\_\_