

# PINE GROVE H.H. & L. FIRE CO. #1

## 5K/10K

## RUN OR WALK



**SATURDAY, AUGUST 27, 2016**

**2<sup>nd</sup> Annual 5K/10K Run & 5K Fun Walk**

**Saturday, August 27, 2016**

**Race starts at 9a.m.**

**Registration starts at 8a.m.**

**Location: Pine Grove HH&L Fire Co. #1, One Orchard Street**

**Registration Fee:** 5K-\$25 before Aug.20, 2016 \$30 After Aug. 21 including event day  
10K-\$25 before Aug.20, 2016 \$30 After Aug. 21 including event day  
5K Fun Walk - \$10 before Aug. 20, 2016 \$15 After Aug. 21 including event day  
**FOR THE 5K OR 10K: \$25 if postmarked by Sat, Aug. 20, 2016, includes moisture wicking T-shirt in the size you requested. After Aug. 21, 2016 \$30 including the day of the race, while supplies last. All run registrations on the day of will receive a free moisture wicking t-shirt will supplies last.**

**Prizes to be awarded for both 5k & 10k top two fastest runners in each age group for males and females. Also for the top overall fastest male and female runners in both races. 5K Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59 & 60+. 10K Age Groups: 19 & under, 20-29, 30-39, 40-49, 50-59 & 60+. Optional Online Registration Available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (A nominal service fee applies, closes at midnight Wednesday, August 24<sup>th</sup>.) Questions contact Bob Miller at [pguhl@comcast.net](mailto:pguhl@comcast.net) or (570) 640-7818.**

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**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone Number:** (\_\_\_\_) \_\_\_\_\_ **E-Mail Address:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Runners Only Shirt Size: Circle One: S M L XL XXL**

**Event: Circle One: 5k Run \$25 10k Run \$25 5K Fun Walk \$10**

**WAIVER:** I know that running a road 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 will be traffic on 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 effects 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 Pretzel City Sports, Pine Grove Hose, Hook & Ladder Fire Co. #1 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).

**Sign Here:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Make Checks payable to Pine Grove HH&L Fire Co. #1  
Send To: Pine Grove HH&L End of Summer Run  
P.O. Box 276 Pine Grove, PA 17963**