



ENTRY: \$25 (\$20 if on a team) if postmarked by April 15, 2016, includes a short sleeved tech shirt in the size you request. After that, \$30 (\$25 if on a team) including the day of race, while shirts last; \$5 less when they're gone. T shirts are only guaranteed thru the 4/15 postmarked date; afterwards, they will be given out first come first served. Held rain, shine, snow or snow on ground. No refunds. No mailed shirts or awards.

Walkers who DO NOT want a shirt registration is \$10.00 if you do want a shirt cost is same as team runner.

**PLEASE NOTE: ANY AMOUNT PAID OVER THE REGISTRATION FEE WILL BE
DONATED TO THE Derrick Redcay Strong Trust Fund
INSURED BY THE ROAD RUNNERS CLUB OF AMERICA**

Check Payable to & Mailed to (with waiver): Derrick Redcay Strong

Address: Redcay Strong 5k c/o Deb Redcay

P. O. Box 13203 Reading, PA 19612

Andrea Swift

redcaystrong@beswift.net

610-513-7989

online registration —www.pretzelcitysports.com

Print clearly please-- Sign entry on back-- App may be copied

Last Name _____ First Name _____

Street Address _____ City _____ State _____ Zip _____

Sex: M F Race Day Age _____ Date of Birth ____/____/____

Shirt Size: YL S M L XL 2X (shirts are only guaranteed for pre reg,)

Email _____ Tel:(____) _____

Team information: Team Captain: _____

Teams may be any size but all team entries can ONLY be submitted by mail and for ease of administration, they must all be in the same envelope. The size of the team is not restricted (must be at least 4 people) but only the 4 fastest runners will count toward the score and there is one trophy given per team. Will be scored cross country style; based on overall finish place of each runner.

Team Name: _____ School: _____

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter hazards, debris, and poor footing on the course and assume the risk for running on it. 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, the conditions of the roads and getting lost, 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, the Jim Dietrich Park, Redcay Strong Volunteers, sponsors, and all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. Also, By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ & UNDERSTAND THIS WAIVER:

Signature _____ Date _____, 2016