



Saturday, September 9, 2017

Run proceeds benefit the

**Citizens and East End Fire Co.
of Palo Alto, PA**

Citizen's Fire Co, 139 W Bacon St. Pottsville PA

8:00 a.m. — Registration begins

9:00 a.m. — Street Run begins

10:00 a.m. — Mountain Run begins

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers/hikers are also invited to participate using the same course. The street course is stroller accessible. Our mountain trail is not. It is rugged and beautiful.

WHAT: Palo Alto will have two courses available for a unique 5K experience. First is a relatively FLAT & FAST road course. Second, is a 5+K cross country like course that leads you into the mountains to run the length of town and returning streetside to the finish. Winners will be announced in (3) categories Street, Mountain, or choose them both for our "Rock & Road" Challenge.

WHERE: Participants may pre-register (application below), or register the day of the run. Morning registration takes place at the Citizen's Fire Company upstairs reception hall beginning at 8 a.m. Citizen's Fire Co is located at 139 W Bacon St. Pottsville PA. Volunteers will be on hand to assist you with parking instructions. Award presentations made following the run at the reception hall. Drinks available at the finish line and in the hall.

- Early Packet PickUp: Friday, September 8th

**Pre-registered runners: packets available September 8th
Citizen's Reception Hall 6pm-9pm*

DIRECTIONS:

- From the North (I-81) Take Rt. 61 (St. Claire exit) South past Dunkin Donuts and turn left into Palo Alto onto Bacon St.
- From the South (I-78) (Cabela's): Rt. 61 N 16 mile take the right jughandle into Palo Alto onto Bacon Street
- From East (Rt-209) Rt 209 S to Port Carbon. Exit by staying straight over Washington St bridge and bearing right onto Bacon St. in Palo Alto

REGISTRATION: Palo Alto ROCK & ROAD 5K * Mail in Registration by Aug. 27* Day of Race Registration Available
Checks payable to Citizen Fire Co (memo 5K run) Send to: c/o Palo alto 5k, 510 W. Savory St., Pottsville, PA 17901

5k Street / Mtn: Complete this portion. Detach and mail. Include \$20 early registration fee thru Aug 25, received after Aug 25 is \$25 **including day of race**

Both: . Complete this portion. Detach and mail. Include \$30 early registration fee thru Aug 25 , received after Aug 25 is \$35 **including day of race**

Team Registrations: \$15 per team member – Team must consist of 5 +, All team members reg. forms & payments must be mailed in same envelope

Select Course : **STREET / MOUNTAIN / BOTH** Are you a First Responder ? **Y / N** Team Name _____

Name _____ Address _____
 Please print
 City _____ State _____ Zip _____ Phone _____

T-shirt Size (circle one)
 Adults **S M L XL XXL**

E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

WAIVER/RELEASE:

As a participant in the Palo Alto rock and road 5k, I verify that I have read, understand, and accept the terms of this waiver and release. My submission of this form shall act as my legal signature. I understand the nature of this event and the risks involved in participating in this event. I know that running and walking a race/trail is a potentially hazardous activity. I understand that I should not participate unless I am medically able and sufficiently trained to do so. I agree to abide by any decision of any race official concerning my ability to safely complete this event. I assume all risks associated with my voluntary participation in this event, including, but not limited to, traffic and other conditions of the trails, falls, and contact with other participants, and the effects of the weather, including extreme temperatures and precipitation. Knowing these facts, for, and in consideration of, my participation in this race, I, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, hold harmless, release and discharge Citizen Fire Co #612 East End #2, the borough of Palo Alto and all municipalities their sponsors, both public and private landowners, race participants, race officials, workers, volunteers, and any and all officers, directors, employees and other representatives of the foregoing, and any successors or assigns of the foregoing, and hold and waive them harmless from and against ANY AND ALL actions, claims, injuries, demands, liabilities, loss, damage, or expenses, including but not limited to death, personal injury, and property damage, whether foreseen or unforeseen, arising out of, or in the course of, my participation in this event. The above has been read by all participants and by signing this entry form I understand and agree with all of the terms of the waiver statement. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event. NOTE: Volunteers will be on hand to guide participants, but roads will be open to traffic.

Signature X _____ Date _____