




**RODALE**  
INSTITUTE™

# An Apple a Day 5K Cross Country Run/Walk

Saturday, September 16  Kutztown, PA

**When:** Saturday, September 16 at 9:00 AM (Registration Opens at 8:00 AM)

**Where:** Rodale Institute – 611 Siegfriedale Road, Kutztown (Maxatawny Township), PA 19530

This is a 5K (3.1 mi) cross-country course that runs through Rodale Institute’s 333-acre agricultural research and production farm. The course will be either dirt road or grass. Two short, but steep hills have been included in the course, with the first hill within the first mile and the second shortly before the 2-mile mark.

**Prizes:** Awards will be given to the top 3 overall finishers in the men’s and women’s categories, as well as the top 3 male and female finishers in each of the following age groups: 18 and under; 19-29; 30-39; 40-49; 50-59; 60 and over.

**Registration Fee:** \$25 per runner for pre-registration, and \$30 per runner after September 1

Registration can be completed online at Pretzel City Sports: [www.pretzelcitysports.com/onlineform1.php?id=1124](http://www.pretzelcitysports.com/onlineform1.php?id=1124) or at the Rodale Institute website: [rodaleinstitute.org](http://rodaleinstitute.org). Completed forms with a check or money order remitted to Rodale Institute may be mailed to:

611 Siegfriedale Rd. Kutztown, PA 19530 C/O Ali Lynn

**Contact:** Ali Lynn | 610-683-1475 | [Ali.Lynn@RodaleInstitute.org](mailto:Ali.Lynn@RodaleInstitute.org)

## Rodale Institute Apple a Day 5K Registration Form

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Male/Female: \_\_\_\_\_ Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

*Applications recieved prior to September 1 are guaranteed a shirt in requested size. Applications recieved after September 1 are given a shirt while supplies last.*

## Waiver and Release From Liability

I, the undersigned, being 18 years of age or older, acknowledge and fully understand that running a cross-country race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I understand and acknowledge that my participation in Rodale Institute’s Apple a Day 5 k may involve a risk of illness, serious injury or even death, and that I have had the opportunity to consult with the organizer of the event prior to participation. My signature below confirms that I assume all risks associated with running this event, whether known or unknown, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or any running surface, all risks being known and appreciated by me. I understand that Rodale Institute makes no warranties, claims or representations to me regarding potential or actual safety or risks resulting from my participation in the Rodale Institute Apple a Day 5k.

I hereby release, waive, discharge and covenant not to sue Rodale Institute, its officers, directors, agents, and employees, and all sponsors, from and for any claims, losses, demands, damages, or expenses, including claims for personal injury which might arise out of illness, injury, or death and any costs, and losses of expenses resulting therefrom.

I have read this Waiver and Release. I understand its terms and by signing this Waiver and Release voluntarily intend to be legally bound by it.

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

Date: \_\_\_\_\_

(Parent or guardian’s signature if participant is under 18 years of age.)