

Saucon Rail Trail 10K

Presented By **HCM Foundation**

Monday September 2, 2019 – Upper Saucon Park

- Schedule:** Registration starts at 7:00am – Free kids run 8:00 – 10K Run 8:30am
Location: Upper Saucon Park, 3231 Preston Lane, Center Valley, PA 18034
Course: Out and back on the Saucon Rail Trail, finishing next to the pavilion.
Amenities: T-shirt, socks, Sponsor goodies, post race refreshments
Benefits: The HCM Foundation
More Info: Visit our website at www.hcmfoundation.org, email at srt10k@yahoo.com

All pre-registered participants will receive a high quality technical t-shirt and goodies our other sponsors

Awards

Cash awards to the top 3 overall male & female winners (\$75-\$50-\$25), \$50 to top male and female Masters, unique original rail road spikes to the top 3 male & female in each age group: <12, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

In addition: custom event socks will be awarded to first 250 registrants.

Registration & Fees

Pre-registration via this form must be postmarked by **August 23rd, 2019**. Or register online <http://www.active.com/center-valley-pa/running/8th-annual-saucon-rail-trail-10k-2019>

Online registration closes Thursday Aug. 29 at 11:59 pm

<u>Event</u>	<u>Before 8/20</u>	<u>8/21 through 8/29</u>	<u>Race Day</u>
10K Run	\$30	\$35	\$40

NOTE: Family of 3 or more qualify for a family discount of \$27.50 per person. Please fill out separate forms below for each participant.

NOTE: T-shirts are not guaranteed to participants who register after August 19, 2019 or on race day.

DETACH HERE

Please complete the form below and make checks payable to HCM Foundation.

Mail to Chris Garges, 5410 Glen Road, Coopersburg PA 18036

For Pre-Registration discount, return prior to 8/23 (one form per person/please print)

Name _____ Sex _____ Age (on 9/2) _____ Birth Date _____

Address _____ Fee: \$ _____ Optional Donation \$ _____

City _____ State _____ Zip _____ Phone _____

Email _____ Tee Shirt** (circle one): XS S M L XL XXL

Cancer Survivor: Yes No ****must register by 8/19 to guarantee t-shirt**

I know that running a road race is a potentially hazardous activity. I should not enter, run or walk unless I am medically able and properly trained. I also know that there may be traffic and possible weather related hazards on the course and assume risk for running/walking in these possible conditions. I also assume any and all other risks associated with running/walking and attending the race including but not limited to falls, contact with other participants, the affects of the claim on my behalf, covenant not to sue, and waive, release and discharge HCM Foundation, Upper Saucon Township, Lower Saucon Township, all volunteers, all sponsors including their agents, employees, assigns or anyone acting for or 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, foreseen or unforeseen, known or unknown. I grant permission to use any photographs of me and my name for any and all race purposes. I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature (parent's if under 18) _____ Date: _____