



4<sup>th</sup> Annual  
**Pocono Plateau Hero Dash & Fun Run**  
 September 23, 2017 @ 10am  
<http://tinyurl.com/herodash2017>

The 5K is a beautiful trail/road course with lakes, streams, and forest. It is professionally timed with age group winners (<19, 20-29,30-39,40-49,50-59,60-69,70+). The 1-Mile Fun Run is an out and back course along Lake Pocono Plateau. Event includes a silent auction, costume contest, and a 30-foot climbing wall to enjoy post-race. Food is some of the best you'll ever have for a 5K: pizza, pasta, s'mores, coffee, bagels, hot dogs, and more. Short-sleeve tech shirt guaranteed for all 5K/Fun Run participants who register by 9/9/2017.

Lodging for out of town guests is available. Please call the camp office for information.

| Select Event                       | Through 9/9/2017 | 9/10/2017-9/23/2017 |
|------------------------------------|------------------|---------------------|
| <input type="checkbox"/> 5K        | \$20             | \$25                |
| <input type="checkbox"/> Fun Run   | \$20             | \$25                |
| <input type="checkbox"/> Kids Dash | Donation         | Only                |

Are you a:  
 Runner  
 Walker

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

T-Shirt:  Small  Medium  Large  XLarge  
 (Guaranteed if registered by 9/9/2017. NO SHIRT FOR KIDS COURSE)

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

All minors must have parental consent.

**Event Disclaimer:** By adding your signature, you accept this waiver and disclaimer. Waiver and release: By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage, or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident, and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heir, executors, administrators, agents, and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, its employees, all sponsors, and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature above, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, social, or print media reporting or advertising of the Event without compensation. I understand that no refunds will be given if the event is canceled.

Please make check payable and mail to:  
 Pocono Plateau Camp & Retreat Center  
 304 Pocono Plateau Rd.  
 Cresco, PA 18326

For questions and lodging info  
 Call Mary Ellen at 570-676-3665  
 or visit [www.poconoplateau.org](http://www.poconoplateau.org)