



5th Annual 5k/10k Run or Walk

“Cranberry Crawl”

Hosted by:

Pine Grove Hose, Hook & Ladder Fire Co. #1

One Orchard Street, Pine Grove, PA 17963

Saturday, November 02, 2019

5k/10k Run Starts at 10am

Day of Registration Starts at 9am

Registration Fees:

5k & 10k postmarked on or before October 18, 2019 \$25 Includes long sleeve t-shirt in size you request.

5k & 10k postmarked after October 18, 2019 to race day \$30 Shirt not guaranteed. While supplies last.

Awards:

5k & 10k top two fastest overall female & male fastest overall times.

5k Age Group Awards: 1st, 2nd & 3rd Place Female & Male 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59 & 60+

10k Age Group Awards: 1st, 2nd & 3rd Place Female & Male 19 & Under, 20-29, 30-39, 40-49, 50-59 & 60+

WALKERS, STROLLERS & DOGS WELCOME

Online registration at www.pretzelcitysports.com

(online registration closes midnight the Wednesday of race week, min. service fee applies)

Questions: Contact us at pghhl@comcast.net or Bob Miller at 570-640-7818.

First Name: _____ Last Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Phone Number: (____) _____ E-Mail Address: _____ Age: ____ Gender: ____

DOB: _____ Shirt Size: _____ On or Before 10/18/19 5k/10k \$25 After 10/18/19 5k/10k \$30

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. 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 effects of the weather and the condition of the roads, 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, Pine Grove Hose, Hook & Ladder Fire Co. #1 and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for 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 arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. **I HAVE READ AND UNDERSTAND THIS WAIVER:** (if under 18, legal guardian must sign).

Sign Here: _____ Relationship: _____

Make Checks payable to Pine Grove HH&L Fire Co. #1

Send To: Pine Grove HH&L 5k/10k Run

P.O. Box 276 Pine Grove, PA 17963