

The Upper Frederick Township Parks and Recreation Department Presents the 8th Annual

Swamp Creek Stomp

5K/10K Trail Run



Saturday April 4th, 2020 at 9:00 A.M.

PERKIOMENVILLE, PA

LOCATION: Bob Wayland Memorial Park, 263 Fagleysville Road, Perkiomenville, PA 18074.

COURSE: The Trail has a few muddy areas, a few Creek crossings, fallen trees, roots and vines, a few short hills, some open fields and lots of fun. You can choose the 5K (3.11 miles) **OR** the 10K (6.22 miles) option. **This is not your average 5K/10K!**

We will have chip timing again this year, (2) instant results kiosks at the finish line and a 40" HDTV with scrolling results!

AWARDS for 5K/10K: Separate awards for the male and female overall winners plus 1st, 2nd and 3rd in each age group both male and female 12-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ . **10K** 12-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60+. Awards are based on pre-registered runners. Age groups with no pre-registrations at the cutoff date will not have an award.

ENTRY: 5K or 10K: \$35 if postmarked by Friday, March 20th, 2020. Afterwards, plus race day, \$40 (shirts while they last)

Optional online registration available at:

<http://www.active.com/perkiomenville-pa/running/swamp-creek-stomp-5k-and-10k-trail-run-2020> (No hidden fees, closes on Sun, March 29th at midnight)

MAKE CHECKS PAYABLE TO: Upper Frederick Township. MAIL CHECKS & FORM BELOW TO: Upper Frederick Township, P.O. Box 597, Frederick, PA 19435-0597. Race Director: Kevin Murray, kevin.stateofmind@gmail.com, <http://www.facebook.com/UFTParksAndRecreation>

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ Date of Birth ____/____/____ 5K OR 10K (circle one)

Shirt Size (circle one): S M L XL XXL Phone: (____) _____ Email: _____

WAIVER / HOLD HARMLESS CONTRACTUAL AGREEMENT: By signing this Contractual Agreement I acknowledge the fact that participating in the Swamp Creek Stomp 5K/10K Trail Run is a potentially hazardous activity and that I am competing with full knowledge of all potential risks and injuries. I will not enter and race unless I am medically able and properly conditioned and trained for the level of competition that I aspire to. I also know that although some safety protection via course officials will be provided, there can be many hazards on the course route. I also assume any and all other risks associated with this event including but not limited to falls, contact with other participants, the affects of weather, including high heat or humidity, the condition of the trail and all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone who might claim on my behalf, covenant not to sue, and waive, release and discharge Upper Frederick Township, its officer and employees, Officials of the event and any other sponsors or associated organizations including their; Emergency Radio Systems; Race Officials, Volunteers, or any of the employees, agents, assignees, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in any way related to, my participation in this event known as the Swamp Creek Stomp 5K/10K Trail Run. All costs incurred for medical assistance, be it ambulance, hospital, etc., is my sole responsibility and my financial liability. The release and waiver included in this Contractual Agreement extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permissions to the race organizers, sponsors, producers and directors and or agents authorized by them to use any photographs, videotapes, motion pictures, sound recordings, or any other record of this event for any purpose, be it promotional for remuneration to the aforementioned parties, without financial or other compensation or royalties to the event participant named herein. I also acknowledge that I am signing this Contractual Agreement and am competing for consideration of medals, awards and or prizes as named of the event.

Applicants understanding and agreeing to this Waiver / Hold Harmless Contractual Agreement as specified herein and the rules of the event and decisions of race officials should sign the entry form on the space provided below.

I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 2020