



# 5<sup>th</sup> Annual 10K, 5K, and Fun Run Pocono Plateau Hero Dash Festival September 22, 2018 @ 10:00 a.m. <http://tinyurl.com/RunCresco>

The 5K and 10K are a mix of roads and trails with great views of lakes, streams, and forest. They are 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. Kids Dash includes a 30-, 40-, and 50-yard dash. All Kids Dash participants will receive a medal. Short-sleeved tech shirt guaranteed for all paid participants who register by 9/8/2018.

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 race. Lodging for out of town guests is available. Please call the camp office at 570-676-3665 for details or reserve a spot by registering online.

Select Event	Through 9/9/2017	9/10/2016-9/22/2016
<input type="checkbox"/> 10K	\$25	\$30
<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 9/8/2018. 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)