



6<sup>th</sup> Annual 15K, 5K, and Fun Run  
**Pocono Plateau Hero Dash Festival**  
 September 21, 2019  
<http://tinyurl.com/RunCresco>

The 5K and 15K are professionally timed courses with a mix of roads and trails with great views of lakes, streams, and forest. Awards: 1<sup>st</sup> Overall Male and Female plus top 3 M&F in age groups for both the 15K and 5K (<19, 20-29,30-39,40-49,50-59,60+). The 1-Mile Fun Run is an out and back course along Lake Pocono Plateau for all ages (prize for 1<sup>st</sup> overall minor). Kids Dash includes a 30-, 40-, and 50-yard dash and medal for all participants. Short-sleeved tech shirt guaranteed for all paid participants who register by 9/7/2019. First come, first serve afterwards. **Please note the earlier start time of 9:30 for the 15K.**

Event includes a silent auction, costume contest, and a 30-foot climbing wall to enjoy post-race. Excellent post-race food. Rustic lodging for out of town guests is available for \$15, with breakfast included.

**For Questions and Lodging Info:** Contact Mary Ellen at 570-676-3665  
**Make Check Payable to and Mail to:** Pocono Plateau. 304 Pocono Plateau Rd. Cresco, PA 18326.

Select Event	Through 9/7/2019	9/8/2019-9/21/2019	Details	Start Time
<input type="checkbox"/> 15K	\$25	\$30	Runners Only	9:30 a.m.
<input type="checkbox"/> 5K	\$20	\$25	Run or Walk	10:00 a.m.
<input type="checkbox"/> Fun Run	\$20	\$25	Run or Walk	10:00 a.m.
<input type="checkbox"/> Kids Dash	Donation	Only	12 and Under	10:00 a.m.
<input type="checkbox"/> Lodging	\$15 extra	\$15 extra		

Total Cost: \$ \_\_\_\_\_

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 9/7/2019. NO SHIRT FOR KIDS DASH)

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.