

7th Annual 15K, 5K, and Fun Run

Pocono Plateau Hero Dash Festival

September 19, 2020

<http://tinyurl.com/PlateauRun>



5K: Professionally timed **trail/road** race. 2 Lakes, Great Trails.
 15K: Professionally timed **road race** (updated route). 3 Lakes, Lots of Scenery.
 1-Mile: Timed, out and back course along our 25-acre lake.

Awards and Swag: 1st 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+). Tech shirt guaranteed if registered by 9/5 (as available afterwards).
Please note the earlier start time of 9:15 for the 15K.

Great food. Silent auction. 30-foot Climbing Wall.
 Lodging available for \$15/person Friday night (access to bathrooms, free breakfast on Sat morning).

For Questions and Lodging Info: Contact Mary Ellen at 570-676-3665 or camp@poconoplateau.org
Make Check Payable to and Mail to: Pocono Plateau. 304 Pocono Plateau Rd. Cresco, PA 18326.
 *When arriving for the race, the address is also 304 Pocono Plateau Rd. Cresco, PA

Select Event	Through 9/5/2020	9/6/2020- 9/19/2020	Details	Start Time
<input type="checkbox"/> 15K	\$25	\$30	Runners Only	9:15 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 XXLLarge
 (Guaranteed if registered by 9/5/2020. 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.