



RUN THE ROCK

5K & 10K TRAIL RUN and 5K FUN RUN/WALK
Saturday, June 13, 2020 - Quarryville, PA

LOCATION/REGISTRATION: Starts at Black Rock Retreat at 1345 Kirkwood Pike, Quarryville; Registration/number pick up at ballfield located near the pool, **5K & 10K starts at 8:00 AM and 5K Fun Run/Walk (non-competitive) also starts at 8:00 AM.** Online registration available at www.brr.org/trailrun

5K & 10K TRAIL RUN RACE COURSE: Moderately rugged terrain. The course is single track and on naturally rugged terrain with creek crossings, steep climbs, and numerous rocky descents. **Be alert for multiple rocks and roots.**

5K FUN RUN/WALK COURSE: Separate course from race which includes rolling hills on paths able to accommodate a baby jogger.

ENTRY: 5K/10K Race: \$25 if postmarked by 5/8/20. Afterward, including the day of the race, \$35.
5K Fun Run/Walk (All ages): \$25 if postmarked by 5/8/20. Afterward, including the day of the race, \$35.

COMPLETE FORM AND MAIL CHECK PAYABLE TO "Black Rock Retreat", 1345 Kirkwood Pike, Quarryville, PA 17566.

RACE DIRECTOR: Beth Harsh or Sara Hilf, 717-529-3384, office@brr.org, or register online at www.blackrockretreat.com/trailrun

AMENITIES: Indoor bathroom facilities and showers, free parking, time clock at the finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days. All participants who register before 5/8/20 will receive a complimentary athletic shirt to wear on the day of the run.

GENERAL DIRECTIONS FOR ALL: From Phila via I-95 S and Rte 1 S: Exit I-95 S at Rte 322 W. Travel N to the intersection of US Rte 1. Travel S on US Rte 1 take exit for Rte 472. Turn right onto Rte 472 N. Black Rock Retreat is on the right. **From Harrisburg via the PA Turnpike E:** Take exit #19, travel Rte 283 E to Lancaster. Exit onto Rte 72 S. which becomes Rte 222 S. Travel on Rte 222 to the town of Quarryville, then make a left onto Rte 372 E then turn right onto Rte 472 S. Black Rock Retreat will be on your left.

AWARDS: 5K & 10K Race: Awards for the male and female overall winners plus 1st, 2nd, and 3rd place awards for males and females in each of the following age categories: 19 & Under, 20 – 29, 30-39, 40-49, 50-59, 60+ . All 5K Fun Run/Walk participants will receive a finisher's prize.

Run the Rock Registration Form

First name _____ Last name _____

Address _____ City _____

State _____ Zip _____ Date of birth ____ / ____ / ____ Race day age: _____

Sex: M F Race (circle one): 5K 10K Fun Run/Walk (5K)

Phone: (____) _____ E-mail _____ @ _____

Shirt Size (circle one): S M L XL

Please indicate if you would like your shirt in a Men's style or Women's style (circle your preference)

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 course, 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, Black Rock Retreat 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 or 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 whatsoever 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 also agree to grant to Black Rock Retreat and its authorized representatives permission to record on photography film and/or video, pictures of my participation. I further agree that any or all of the material photographed may be used, in any form, as part of any future publications, brochure, or other printed materials used to promote Black Rock Retreat, and further that such use shall be without payment of fees, royalties, special credit or other compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ____ / ____ / 20 ____
(By parent or guardian if participant is under 18)