



4th Annual Cranberry Crawl 5k & 10k

Saturday, November 03, 2018

Registration Starts 9am

Run Starts 10am

Location: Pine Grove HH&L Fire Co. #1

One Orchard Street, Pine Grove, PA 17963

Registration Fees:

5k & 10k postmarked thru October 20, 2018 - \$25
(Includes long sleeve t-shirt in size you request.)

5k & 10k October 21, 2018 to race day - \$30
Shirt not guaranteed. Shirts are while supplies last.

WALKERS ARE WELCOME

Awards:

Top fastest overall time in 5k & 10k for both female & male.

1st & 2nd Place For Each 5k Age Group For Female & Male:

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59 & 60+

1st & 2nd Place For Each 10k Age Group For Women & Men: 19 & Under, 20-29, 30-39, 40-49, 50-59 & 60+

Online registration at www.pretzelcitysports.com until October 31, 2018. (A nominal service fee applied.)

Questions contact us at pghhl@comcast.net or Bob Miller at 570-640-7818.

First Name: _____ Last Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Phone Number: (____) _____ E-Mail Address: _____ Age: _____

Gender: _____ DOB _____ Shirt Size: Circle One: S M L XL XXL

Circle One: Thru 10/20/2018 5k \$25 10k \$25 After 10/21/2018 5k \$30 10k \$30

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 roads, 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, Pine Grove Hose, Hook & Ladder Fire Co. #1 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 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 what so ever 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 HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

Sign Here: _____ Relationship: _____

Make Checks payable to Pine Grove HH&L Fire Co. #1

Send To: Pine Grove HH&L 5k/10k Run

P.O. Box 276 Pine Grove, PA 17963