



Saturday, September 8, 2018

Run proceeds benefit the Citizens and East End Fire Co. of Palo Alto, PA

Citizen's Fire Co, 139 W Bacon St. Pottsville PA

8:00 a.m. – Registration begins

9:00 a.m. – 5K & 10K Start Time

WHO: Runners of all ages. Gather your family, friends and coworkers. Walkers/runners are also invited to participate using the 5k course. The street course is stroller accessible. 10K no walkers please.

WHAT: Palo Alto has a relatively FLAT & FAST 5K road course or OUR FIRST EVER double lap 10K. Please circle your "Goal Distance" on the race registration form. Just remember these are YOUR goals and they can be changed mid race. Finish in the 5K, OR go for it! Continue on the 2nd lap and finish in the 10K. Winners will be announced for each race. We will have a FUN RUN at the race conclusion.

WHERE: Citizens Fire Co. is located at 139 W. Bacon St., Pottsville, PA. Morning registration takes place at the Citizens Fire Company East Side Parking Lot beginning at 8 a.m. Participants may pre-register (application below), or register the day of the run. Volunteers will be on hand to assist you with parking instructions. Award presentations made following the run. Drinks available at the finish line. There will also be food and entertainment.

- Early Packet Pickup: Friday, September 7th

*Pre-registered runners: packets available

Citizen's Reception Hall 6pm-9pm

DIRECTIONS:

- From the North (I-81) Take Rt. 61 (St. Claire exit) South past Dunkin Donuts and turn left into Palo Alto onto Bacon St.
• From the South (I-78) (Cabela's): Rt. 61 N 16 mile take the right jughandle into Palo Alto onto Bacon Street
• From East (Rt-209) Rt 209 S to Port Carbon. Exit by staying straight over Washington St bridge and bearing right onto Bacon St. in Palo Alto

HOW: To register please complete the form below and submit a \$20 check/money order to East End Fire Co (memo RUN) if registered thru Aug. 25. The fee for entries received after Aug 25 is \$25

Online Registration available at pretzelcitysports.com (Nominal serv. fee applies, closes at midnight, the Wed. before race day)

Teams made up from Organizations and First Responders may register for (\$15 per person) as a group of 5+. All Team members registration forms & payments must be sent in the same envelope mail in a by Aug. 27.

T-shirts are available for the first 200 registrations received. Size requests will be honored to the best of our ability but size may be substituted.

RESULTS : Finish line and timing service by Pretzel City Sports. Race results will be listed online pretzelcitysports.com and also submitted to local newspapers and on our facebook page.

AWARDS Trophy and \$50 will be presented to Overall Male and Female Champion of the 5K & 10K race. Specialty Awards will be giving to the best timed Fastest First Responders. Medals presented to top three (3) Male and three (3) Female finishers in Age Groups are: 3 M & 3F in 14 & Under, 15-19,20-29, 30-39, 40-49, 50-59, 60+ Questions? Contact: Alison Haley-Miller, paloaltorocktheroad@gmail.com

REGISTRATION: Palo Alto ROCK the ROAD 5K & 10K * Mail in Registration by Aug. 25* Day of Race Registration Available Checks payable to East End FireCo (memo RUN) Send to: c/o Palo alto 5k, 510 W. Savory St., Pottsville, PA 17901

5K&10K: Complete this portion. Detach and mail. Include \$20 early registration fee thru Aug 25, received after Aug 25 is \$25 including day of race Team Registrations: \$15 per team member – Team must consist of 5 +, All team members reg. forms & payments must be mailed in same envelope

Circle GOAL Distance 5K / /10K (not binding may switch during race) Shirt size S M L XL XXL Are you a First Responder ? Y / N

Name _____ Address _____

Please print

City _____ State _____ Zip _____ Phone _____

E-mail address _____ Age (on Race Day) _____ Male ___ Female ___

WAIVER/RELEASE:

As a participant in the Palo Alto Rock the Road 5k or 10k, I verify that I have read, understand, and accept the terms of this waiver and release. My submission of this form shall act as my legal signature. I understand the nature of this event and the risks involved in participating in this event. I know that running and walking a race is a potentially hazardous activity. I understand that I should not participate unless I am medically able and sufficiently trained to do so. I agree to abide by any decision of any race official concerning my ability to safely complete this event. I assume all risks associated with my voluntary participation in this event, including, but not limited to, traffic and other conditions of the trails, falls, and contact with other participants, and the effects of the weather, including extreme temperatures and precipitation. Knowing these facts, for, and in consideration of, my participation in this race, I, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, hold harmless, release and discharge Citizen Fire Co #612 East End #2, the borough of Palo Alto and all municipalities their sponsors, both public and private landowners, race participants, race officials, workers, volunteers, and any and all officers, directors, employees and other representatives of the foregoing, and any successors or assigns of the foregoing, and hold and waive them harmless from and against ANY AND ALL actions, claims, injuries, demands, liabilities, loss, damage, or expenses, including but not limited to death, personal injury, and property damage, whether foreseen or unforeseen, arising out of, or in the course of, my participation in this event. The above has been read by all participants and by signing this entry form I understand and agree with all of the terms of the waiver statement. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event. NOTE: Volunteers will be on hand to guide participants, but roads will be open to traffic.

Signature X _____ Date _____