

The Center for the Sustainable Environment at Franklin & Marshall College presents the 1st annual

Run for the Rainforest 5K,

1 Mile Fun-Run/Walk, and Virtual Walk/Run

Sunday, November 10th, 2019 10:00 A.M

*All proceeds to benefit the Rainforest Trust
to help combat the forest fires burning in the Amazon.*

DESCRIPTION: The Center for the Sustainable Environment at Franklin & Marshall College is hosting a race to help raise funds for the Rainforest Trust, one of the nonprofits working to combat the devastating forest fires in the Amazon rainforest. Runners may participate in a 5K race or 1-mile fun-run or walk at the College on November 10th, or they can choose to still support the cause by choosing to run or walk either distance (5K or 1 mile) at a place and time of their choosing (the virtual race). Virtual runners are accountable to themselves and will not submit a time to us.

LOCATION: The 5K cross-country track on Baker Campus at Franklin & Marshall College. (Virtual walkers and runners can choose their own courses!) Signs will be posted the day of the race.

GPS ADDRESS: 1000 Wilson Dr., Lancaster, PA 17603

GPS COORDINATES: 40.052704, -76.331047

COURSE: A largely flat, fast, and measured course on grass and groomed trails through the woods. No road crossings. Great place to PR! Clock at finish, refreshments, instant results.

RACE DAY: Registration/number pickup opens at 9:00 a.m. 5K starts at 10:00 a.m., 1-Mile Fun-Run/Walk at 10:45. Rain or shine! Please note – in our efforts to promote sustainability, there will not be plastic cups or disposable water bottles available at this race! Please bring your own refillable bottle or hydration system. Water dispensers will be available.

AWARDS: 5K: Separate awards for overall male, female, and non-binary winner, plus 1st-3rd place for male, female, and non-binary winners in the following age categories: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. No awards for 1-mile or virtual walkers or runners. No mailed awards.

ENTRY: \$30 if online registration is completed by Sunday, October 27, 2019 including a guaranteed sustainable t-shirt (for all runners, walkers, or virtual participants). After October 27th (including race day), entry increases to \$35, and shirts are available while supplies last. No refunds.

Mandatory Online Registration available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal processing fee applies. Closes at midnight the Wednesday before the race.)

RACE DIRECTOR: Sarah Dawson, phone 717-358-5870 or email sdawson@fandm.edu

MORE INFO: <https://www.facebook.com/FandMCenterForTheSustainableEnvironment/>

ONLINE REGISTRATION ONLY – USE THIS FORM ONLY FOR DAY OF RACE REGISTRATION

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Virtual Race | Gender: M F Non-binary | Race day age: ____ | Date of birth ____/____/____

Unisex Shirt Size: S M L XL XXL | Phone: _____ | Email: _____

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 affects 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, Franklin & Marshall College, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 20__