



# 5 mile Trail Race

## Sunday September 29, 2019 10 A.M.

### Blue Mountain Resort, Palmerton, PA

**LOCATION:** Blue Mountain Resort, 1660 Blue Mountain Drive Palmerton, PA 18071. Race starts and ends in the Valley. Parking in the Valley lot. Registration/number pickup in Valley Adventure Center from 8:30 a.m.-9:30p.m. Trail race starts at 10:00 a.m., 1 Mile Kid's Fun run starts at 9:30 a.m.

**COURSE:** Perfect mix of technical trails, grassy flats, and steep climbs that take you to the top of Blue Mountain's steepest trail where you can take in the beautiful view of the Pocono Mountains before descending back down to the valley. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

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**AMENITIES:** Technical T-shirt to all pre-registrants of 5M; "goodie" bag for all kid's fun run finishers. Refreshments for finishers, time clock at finish and instant results. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** 5M Top male and female finishers: Plus separate awards in the following age groups: 3M, 3F 18 & under: 3M, 3F 19-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+ No fun run awards

**ENTRY:** 5 M: \$25 if postmarked by Friday, September 13<sup>th</sup>. includes guaranteed t-shirt. Afterwards, incl. race day, \$35. Shirts available while supplies last 1 Mile Kid's Fun Run (kids 12 & under): \$10 if postmarked by September 13<sup>th</sup>. Afterwards, incl. day of race, \$12. Shirts are not included, due to reduced fee.

**Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
 (Nominal processing fee applies, closes at midnight, the Wed. of race week)

**RACE DIRECTOR:** Michelle Westerman, 484-456-3763 email [mwesterman@skibluemt.com](mailto:mwesterman@skibluemt.com) or [information@skibluemt.com](mailto:information@skibluemt.com)

**MAKE CHECK PAYABLE TO "Blue Mountain Resort"**

**MAIL CHECK & FORM BELOW TO: Blue Burn Trail Challenge Attn: Michelle Westerman PO Box 216, Palmerton, PA 18071.**

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5M 1M      Sex: M F      Race day age: \_\_\_\_\_      Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : Men's XS S M L XL

Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??      circle one or both

Email: (print clearly) \_\_\_\_\_

**Already getting Pretzel City emails regularly?** \_\_\_\_ Yes \_\_\_\_ No\_\_ **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, Blue Mountain Resort 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\_\_