

# Ready Set Run's 8th Annual River Ramble Fall Classic



## 5K and 10K Road Race - 2 Mile Walk

Sunday, November 10, 2019 - 9:00 am

Smithfield Beach, River Road, PA - 7 Miles North of Delaware Water Gap, PA

*Sponsored by Ready Set Run, local running store in Stroudsburg, PA  
In Cooperation with Bushkill Falls and The Delaware Water Gap National Recreation Area*

A portion of the proceeds to benefit: 1% for Nature (support conservation and public enjoyment of wildlife habitat, trails, parks in Monroe County), Bushkill Ambulance, Women's Resources of Monroe County and Pocono Wildlife Rehabilitation & Education Center.

- Out & Back Rolling Hills
- 5k & 10K Race Limited to **500** Total
- Groomed Flat Scenic Trail for 2 Mile Walk
- Register online [www.pretzelcitysports.com](http://www.pretzelcitysports.com)
- **Hooded Sweatshirt to all registered by 10/11**
- Prizes to top Overall Male and Female
- Overall Awards 9 Age Groups
- Course Time Limit 90 minutes
- Carpooling is encouraged
- No dogs allowed on course

### Please Print Clearly

Name \_\_\_\_\_  Male  Female Age on 11/10/19 \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

5K Road Race \$35       10K Road Race \$35      **Note: 90 minute cut off time**

Undecided 5K/10K Road Race Option \$35

Fun 2 Mile Walk \$35 (Non timed event)      **Select Sweatshirt Size:**    S    M    L    XL

**Hooded Sweatshirt guaranteed to those who register by October 11**

Waiver: I understand that a road race trail walk is potentially hazardous activity. In consideration of this entry I, the undersigned, hereby release and forever discharge Ready Set Run, The National Park Service, their agents, servants, and employees from any or all manner of actions, personal injury, including death, or any cause whatsoever, which I may have against them by reason of or arising out of my participation in the above listed activity. I consent to the taking and public use of any photographic or audiovisual images by persons selected by Ready Set Run and waive any right that I may have to copyright, inspect or approve the final project.

Signature (required) \_\_\_\_\_

Date \_\_\_\_\_



STROUDSBURG PA

Make Checks Payable to River Ramble and mail or deliver with this form to:

**Ready Set Run** 431 Main Street, Stroudsburg, PA 18360

570-424-6431    [rrfc5k10k@gmail.com](mailto:rrfc5k10k@gmail.com)

**Online Registration:** [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (Closes 11/6)

**BUSHKILL  
FALLS**

[www.readysetrunpoconos.com](http://www.readysetrunpoconos.com) Look for updates on Facebook