



ST. ANN'S SCHOOL & PARISH, EMMAUS, PA
5K RUN & FUN RUN/WALK EVENT
Saturday, October 26, 2019
8:30 AM Fun Run - 9:00 AM 5K Run



LOCATION/REGISTRATION: Starts at St. Ann's School Small Church lot at 435 South 6th St. Emmaus, PA 18049. Registration opens at 8:00 AM in the gym, 1K Walk/Fun Run at 8:30 AM, 5K race starts at 9:00 AM.

5K COURSE: Mixed road and grass/gravel trail course. Race starts in front of church, with some traffic control. Down 6th to Minor St., out Kline's Lane to the South Mountain Trail and back. Please, No pets, strollers or headphones!

AMENITIES: T-shirt to all 5K pre-registrants by October 1, & if over 21, a 70th anniversary commemorative pilsner glass, while supplies last. Indoor toilet facilities available. Refreshments provided after race. Parking at lower and upper level church parking lot, look for 5K parking signs. Held rain or shine, no refunds or mailed awards. Results on www.pretzelcitysports.com 1-2 days after race. If available, t-shirts may be purchased on site.

AWARDS: For the top male and female overall. Plus top three male and female finishers in the following age groups: 10 & Under, 11-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. Award ceremony will be held after the 5K Race!

ENTRY FEE: For 5K - \$25 if registered/postmarked by Friday October 1, 2019 to guarantee a t-shirt. After October 1 and day of race registration - \$35 – t-shirts & pilsner glasses available while supplies last.
For the FUN RUN/WALK - \$10 registration fee. T-shirts not included. This event will be held at 8:30 AM and will take place around the school grounds. Registration form must be filled out with signed waiver.

RACE PROCEEDS TO BENEFIT ST. ANN SCHOOL!

REGISTER ONLINE AT: www.pretzelcitysports.com (nominal service fee applies)
Online registration closes at midnight Wednesday, 10/23/2019
OR MAKE CHECK PAYABLE TO: St. Ann School
MAIL FORM BELOW TO: St. Ann School, 435 South 6th St., Emmaus, PA 18049, ATTN: 5K Event.
Any questions contact: BILL DURSO, Race Director
 at dursob@gmail.com subject line "5K" or 215.820.0428

..... Please Print Clearly & Return Form Below

Last Name _____ First Name _____

Address _____

City/State _____ Zip _____ Preferred Phone: (____) _____

Race day age: ____ Date of Birth ____/____/____ Email _____

Sex: M F Race: 5K FUN RUN/WALK Adult Unisex Shirt Size (circle one): S M L XL XXL (no t-shirt for 1k)

Already Getting Emails from Pretzel City Sports 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 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, St. Ann School and Parish, Diocese of Allentown 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)

Signature _____ Date ____/____/2019

(Parent or guardian must sign for anyone under 18 years old)