

1st Annual
LNP|LancasterOnline Press Run 5K
Saturday, October 19th, 2019
9 AM Riverfront Park, Marietta Northwest River Trail
551 Vinegar Ferry Rd, Marietta, PA 17547

Join LNP|LancasterOnline as we run Lancaster County's beautiful Northwest River Trail in the first ever Press Run 5K! Meet us in Marietta for an autumn morning run along the river! Food trucks, music, goodie bags, awards for top runners and more!

\$25 registration before 10/2/2019 includes a long sleeve race t-shirt! \$30 after 10/2/2019, no shirt guarantee.

Awards: 1 male, 1 female winner in each category; 18-30, 31-40, 41-50, 51-60+

Registration tables open 8AM on race day. Early registration/bib pick up at 8 W. King St. Lancaster, PA 8:30 AM- 5:00PM Friday October 18, 2019.

Last Name: _____

First Name: _____

Address: _____

City: _____

State: _____ ZIP code _____

Age on Race Day _____

Date of Birth: ____/____/____

Sex: M F

Phone number: _____

Shirt Size:	Men's	S	M	L	XL
	Women's	S	M	L	XL

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 weather and the condition of the roads all such risks being known and appreciated by me. Knowing these facts, and inconsideration 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 waiver, release and discharge Pretzel City Sports, LNP Media Group, Inc. 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 associates 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 whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature: _____ Date: _____