

FIRST ANNUAL

FALCON 3K RUN

& KIDS RUN

Sun, April 5, 2020 - 10 AM - ALLENTOWN, PA

LOCATION/REGISTRATION: The course is located on the campus of Cedar Crest College, 100 College Dr., Allentown, PA, 18104; Registration/number pickup at FalconPlex (turf field) starting at 9:00 AM. 3K at 10:00 AM, Kids Run (ages 10 & Under) to follow (approx.. 10:30).

COURSE: wheel measured course; Great distance for new runners, perfect opportunity to set a new PR! Campus will not be closed for race, course marshals and campus police will control traffic.

AMENITIES: T-shirt to all pre-registrants of 3K; "goodie" bag for all kids run finishers. Refreshments for finishers, indoor toilet facilities & showers, loads of parking, time clock at finish and instant results. Factory Outlets right across bridge (open on Sundays!). Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

3K AWARDS: Awards for the Overall Male & Female winners plus: 13 & Under : 3M, 3F 14 - 19: 3M, 3F 20-29: 3M, 3F 30-39: 3M,3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F and 70+: 3M, 3F No kids run awards but grab bags for all finishers.

ENTRY: For 3K: \$20 if postmarked by March 22, 2020 with guaranteed shirt. Afterwards, inc. day of race, \$25 while shirts last, \$18 with no shirt. For kids run, \$3 if postmarked by March 22. Afterwards, inc. day of race, \$5. Race day registration for kids run to be CLOSED once we have as many kids entries as we have grab bags so preregister if possible. Also, no shirts for kids due to reduced fee.

Optional Online Registration Available at https://www.pretzelcitysports.com/online-registration/ (Nominal service fee applies, closes at midnight, the Wednesday before race day)

GENERAL DIRECTIONS FOR ALL: From Rt. 22, take Cedar Crest Blvd. exit, turn left onto Cedar Crest Blvd. Continue on Cedar Crest Blvd. for 1.75 miles, the entrance to the college will be on your left. Once on campus, make the first right turn, by the Rodale Aquatics Center, then the next left turn; the turf field will be on your right-hand side.

CHECK PAYABLE TO "CEDAR CREST COLLEGE TRACK & FIELD" & MAIL CHECK & FORM BELOW TO: CEDAR CREST COLLEGE ATTN: ALEC DUNCAN, 100 COLLEGE DR., ALLENTOWN, PA, 18104. RACE DIRECTOR: ALEC DUNCAN, 973-508-8123, ABDUNCAN@CEDARCREST.EDU

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 3K KIDS Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): S M L XL 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, Cedar Crest College, its trustees, officers, directors, employees 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 ____/____/ 20____