



Raising the House Virtual 5K

Friday June 12, 2020-
Sunday June 14, 2020

LOCATION: Anywhere in your neighborhood, local track, hiking trail. Complete 3.12 miles (5K), record your time via a document that will be emailed to you or post a picture using #RTH5K2020 or email picture to raisingthehouse5k@gmail.com

COURSE: Anything you create! 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track. Only 16,473 ft. Go to USA Track & Field's website, click on MapIt and create your own 5K course in your neighborhood, then go out run or walk. Complete your event anytime from Friday, June 12 to Sunday June 14, 2020- 7am to 7pm. Join us on Facebook on Thursday, June 11, 2020 for "opening ceremonies".

ENTRY:

- \$25 includes Virtual Race, shirt and **bib_MUST_BE_REGISTERED_BY_MAY_17th!!** Pick up materials at the Palmerton High School on June 5th from 6-8 pm or June 6th from 10-12pm.
OR
- \$15 register for just the Virtual Race, shirt not included.

RAFFLE: Each participant who completes the Virtual Race and submits a photo will be entered to win one of our raffle prizes. Participants can win:

- Free Race Registration for 2021 (8)
- \$10 Amazon Gift Card (10)
- \$25 Amazon Gift Card (4)
- \$50 Amazon Gift Card (2)
- \$100 Amazon Gift Card

Pre-Race activities will begin at 5:00 pm Thursday, June 11 on the Raising the House Facebook Page.

REGISTER ONLINE: <https://www.pretzelcitysports.com/onlineform1.php?id=1476>

MAKE CHECK PAYABLE TO: Raising the House
MAIL CHECK & FORM BELOW TO: PO Box 58, Palmerton, PA 18071

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K Sex: M F Race day age: _____

Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (printclearly) _____

ALL ADULTS REGISTERED ON THIS FORM - PLEASE READ THIS WAIVER & SIGN BELOW: I know that participation in a road race or walk-athon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release RTH and its committee members, the Borough of Palmerton, all sponsors, their representatives and successors, including the claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose (Parent's Signature if the participant is a minor)

Signature _____ date ____ / ____ / 20__