

The Hawk Mountain Council, Reading, PA presents



Scouting for Food Virtual 5K Shuffle

Saturday, May 9, 2020 10:00am – 6:00pm
Sunday, May 10, 2020 7:00am – 6:00pm

#RUN2FEED

LOCATION: Anywhere in your neighborhood, local track, hiking trail. Complete 3.12 miles (5K), record your time and post on Hawk Mountain Council’s Facebook page.

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, walk, ride your bike, or shuffle it! Rain or shine.

REASON TO SHUFFLE: 100% of proceeds will be donated to help feed families having a difficult time during the COVID-19 pandemic. Donations will be made to Helping Harvest Fresh Food Bank, serving Berks & Schuylkill Counties and the Olivet Boys & Girls Club, serving Berks County.

ENTRY: \$25, includes a print-at-home race bib. Register at <http://hawkmntforms.tentaroo.com/5kshuffle> or mail bottom of this form along with check to Hawk Mountain Council, 5027 Pottsville Pa, 19605 by Friday, May 8, 2020.

AWARDS & SHIRTS: In order to generate as much relief as possible, no money will be spent on awards or shirts. No refunds or mailed awards.

Pre-Shuffle activities will begin at 9:45am Saturday morning on Hawk Mountain Council, BSA Facebook page, log in and search #RUN2FEED to join in!

If you would like to Support our Scout for Food effort with a financial contribution instead of the shuffle –
TEXT: RUN2FEED to (844) 615-4269 or visit <http://donations.scouting.org/#/council/528/appeal/2956>

RACE DIRECTOR: Joshua Potts, 610-816-9572 or email me at joshua.potts@scouting.org more info at www.hmc-bsa.org

MAKE CHECK PAYABLE TO: Hawk Mountain Council
MAIL CHECK & FORM BELOW TO: Hawk Mountain Council, 5027 Pottsville Pike, PA 19605

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: (print clearly) _____

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, Hawk Mountain Council, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 20__