

What Goes Up, Must Come Down
Blue Mountain Resort, Palmerton, PA
Sunday, August 9th 2020
8:30am What Goes Up & 9:45am Must Come Down 5K

Individual Race Entry Form

Location/Registration: Blue Mountain Resort, 1660 Blue Mountain Drive, Palmerton PA. Race starts and finishes at Valley Lodge. Registration/number pick up same location beginning at 7:30am, race at 8:30am. Great for spectators!

Details/Course: A two-part epic full ascent and descent trail race on the highest PA vertical. "What Goes Up" (Part 1) will start at 8:30 AM and will take you from the Valley Lodge to the summit of the mountain and over to finish at Slopeside. Racers will gather for the next start at 9:45 AM. "Must Come Down" (Part 2) will start at 9:45 AM and will start from Slopeside and finish at the Valley Lodge. Awards ceremony will be at 10 AM at the finish in the Valley. There will be a cutoff time for What Goes Up racers. No frills race, light refreshments, instant results, held rain or shine! ENTRY DOES NOT INCLUDE A SHIRT BUT SHIRTS WILL BE AVAILABLE FOR SALE THAT DAY. No refunds or mailed awards.

What Goes Up Must Come Down Awards: 1st overall male and female for ascent and descent, King and Queen of the Mountain will be crowned based on their placement in each race. EX: If John finishes 3rd in What Goes Up and 5th in Must Come Down, his combined score will be 8. Racer with the lowest combined score will win. Ties will be broken by referring to time of each part and adding them together for total time. 1st male and female age groups 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Individual Entry: \$35 early bird until July 18th, \$40 pre-registration until August 5th, \$45 day of registration

Optional Online Registration available at www.pretzelcitysports.com (Nominal processing fee applies, closes at midnight, the Wednesday before the race.)

RACE DIRECTOR: Aimee Kohler, 484-221-5772, email akohler@skibluemt.com or information@skibluemt.com

MAKE CHECK PAYABLE TO "Blue Mountain Resort"
MAIL CHECK& FORM BELOW TO: What Goes Up Must Come Down
Attn: Aimee Kohler PO Box 216, Palmerton, PA 18071.

Last name _____ First name _____
Address _____ City _____ State ____ Zip ____
Sex: M F Date of birth ____/____/____
Phone: (____) _____ Email: (print clearly) _____
Age as of race date _____

Already getting Pretzel City emails regularly? ____ Yes ____ No ____ **WAIVER:** I know that running a 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, Blue Mountain Resort 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__

What Goes Up Must Come Down Race Registration Form – Form may be copied