

ELCO Cross Country Virtual 5K

**Submissions accepted Sunday October 11 - Sunday
October 18, 2020 by 5:00PM**

LOCATION: Anywhere in your neighborhood, local track, or hiking trail. Wherever you love to run!

COURSE: Create your own course! 5K = 3.12 miles. Use your favorite running app (Apple Watch, Fitbit, Garmin - whatever you like to use) to record your time and distance. Go out and run!

RESULTS: Complete 5K. Send a picture of your run recording with your name, age, gender, and time to elcoxboosters@gmail.com Please feel free to include a picture of yourself! We would love to see your smiling faces! You must submit your time no later than Sunday, October 18th at 5:00 PM to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first work day following the race.

WHY?: The proceeds will be used to support the ELCO Cross Country team. This includes team shirts, team camp, end of year banquet and extra expenses for District and State qualifiers.

ENTRY: \$25.00 with cotton short sleeve T-shirt guaranteed if registered by 09/30/20. After 09/30/20 \$30, shirts available while supply last. T-shirts and awards will be mailed after October 18th.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, Saturday, October 10th)

AWARDS: Race awards will be given to the 1st Male & Female Overall and the top 3 Males & Females in the following age groups: 14 & Under 15-19 20-29 30-39 40-49 50-59 60-69 70 +

MAKE CHECK PAYABLE TO: ELCO Cross Country Booster Club

MAIL CHECK & FORM BELOW TO: ELCO Cross Country Booster Club, % Karen Sanchez, PO Box 305, Richland, PA 17087 by Saturday October 10, 2020.

RACE DIRECTOR: Karen Sanchez, elcoxboosters@gmail.com, 717-269-3510 (please leave a message)

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ Phone: (____) _____ A.M. or P.M.??

T-shirt size(circle one) : Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Email: (print clearly) _____

WAIVER: I know that running/walking a virtual 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 might 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 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 ELCO Cross Country Booster Club, Pretzel City Sports,, 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 whatsoever 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 whatsoever, 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__