



VIRTUAL SMASH OUT 5K/10K



When: Saturday, October 24, 2020 7:00AM through Sunday, November 1, 2020 7:00PM

WHERE: Anywhere you want: neighborhood, park, hiking trail, etc. This is for everyone. Whether you are a runner, walker, or hiker, we want everyone to join us as we *Smash Out MS*

WHY: Because you can!!! Let make a difference in the lives of those living with MS.

WHAT: Swag includes a long-sleeved hooded t-shirt and a medal/bottle opener. Guaranteed shirt size if post marked by October 9. After October 9, size may be substituted based on availability.

COURSE/RESULTS: Anything you create!! Run, Walk, or Hike. For those running for time, 5K = 3.12 miles; 10k = 6.21. You can use the USA Track & Field's website to create a course in your neighborhood. To submit your time, complete your event (5k or 10k), record your time (take a photo of your watch face showing time). You must submit your time (photo) by Hour:Minute:Sec. Be sure to include your Name, City, State, along with the distance and whether you Ran or Waked/Hiked. Email info to crubbo@comcast.net no later than 8 pm on Sunday, November 1 to have your effort included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first workday following the race. **Do not forget to send us pictures of your run, walk, or hike. Prizes awarded as noted.**

ENTRY FEE: Post marked by **October 9:** \$30 with Swag, \$20 without swag; **After October 9:** \$40 with swag; \$30 without swag.

WHO: Mel's Support Squad is a local 501(c) 3 non-profit corporation that raises funding for the National Multiple Sclerosis Society – Delaware Valley Chapter. 100% of all proceeds from this event goes to the local MS Society Chapter. Founded in 2010, we have raised over \$85,000. This money is used by the MS Society to help those affected by MS in our area address the challenges of living with MS.

HOW: Complete the form below and submit appropriate amount by check/money order payable to Mel's Support Squad. Online Registration also available at <https://www.pretzelcitysports.com/online-registration/> (Nominal service fee applies, closes 5:00 pm November 1)

PRIZES:

Runner Prizes: \$10 Wawa Gift Card

- 5k – Top 3 Female & Top 3 Male Finishers
- 10k – Top 3 Female & Top 3 Male Finishers

Walker/Hiker Prizes: A \$10 Wawa Gift Card for the:

- Most scenic picture
- Most seasonal picture
- Most hilarious picture

**** Swag will be hand delivered and/or handed out at a yet to be determined pick-up location for local participants or mailed to non-local participants after November 1, 2020.**

REGISTRATION: Complete this portion. Detach and mail. Post marked by October 9 include \$30 race with swag; \$20 race no swag; After October 9 include \$40 race with swag, \$30 race no swag. Checks/Money orders payable to Mel's Support Squad.

Name _____ Address _____
Please print

City _____ State _____ Zip _____ Date of Birth _____ Age (on Race Day) _____

Gender: (circle one) Male Female Event: (circle one) Run 5k, Run 10k, Walk/Hike 5k, Walk/Hike 10k Shirt Size: (circle one): Male: SM MED LG XLG Female: SM MED LG XLG

Phone _____ E-mail address _____

WAIVER: I know that running/walking/hiking a virtual race is a potentially hazardous activity. I should not enter and run/walk/hike unless I am medically able and properly trained. I also know that there could be traffic on the course and assume the risk for running/walking/hiking in traffic. I also assume any or all other risks associated with running/walking/hiking 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 Mel's Support Squad, 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 what so ever arising out of, or in the course of, my participation in this event. 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 Mel's Support Squad and 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 X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Mel's Support Squad
Mail to: Mel's Support Squad c/o Cathie Rubbo 1900 Detweiler Road, Pottstown PA 19464**