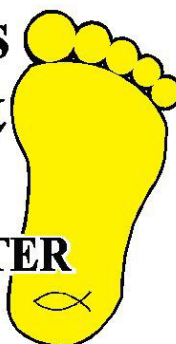


Quakertown Rotary's

UPPER BUCKS FOOT & ANKLE MEDICAL CENTER



Virtual 10 Mile & 4 Mile Races November 21-December 6, 2020

With uncertain access to Pfaff Elementary School, we've decided to go virtual for 2020. We know you will miss the smiling volunteers, fabulous post-race grub, and generous awards. You might even miss the hills, but we guess less so. But fear not! We plan to be back better than ever on Saturday April 3, 2021!

LOCATION: You pick the route. Go to USA Track & Field's website, click on MapIt and create your own course. You can even run the actual course, as the 10 miler is USATF Certified. Maps are posted at <https://portal.clubrunner.ca/6804/Stories/nov-21-dec-5-virtual-upper-bucks-foot-ankle-virtual-10m-4m-races>. The courses will NOT be marked and you are on your own to not get lost. Run anytime between November 21 through December 6, which includes the Thanksgiving Holiday. DO NOT run the race route on a school day.

RESULTS: Record your time and distance and email them to RD Bill Tuszynski at wtuszynski@verizon.net before 8PM on December 7 to be included in the results. Results posted at www.pretzelcitysports.com. Let us know if you ran the "real" course.

WHY: Why not? This race helps fund Quakertown Rotary's community service projects, especially those focused on youth. Visit us at www.quakertownrotary.org to learn more about who we are and what we do.

ENTRY: \$12 by 11/21, \$17 through 12/6. Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at 12 noon, Sunday December 6)

AWARDS & SHIRTS: No awards or shirts this year to keep the fee low.

RACE DIRECTOR: Bill Tuszynski, 267-374-1631; wtuszynski@verizon.net

MAKE CHECK PAYABLE TO: Quakertown Rotary Club

MAIL CHECK & FORM BELOW TO: Bill Tuszynski, 27 S. Vassar Dr., Quakertown PA 18951 to arrive on or before 12/3/2020.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 10M 4M Sex: M F Race day age: _____ Phone: (____) _____

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 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 Quakertown Rotary 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 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__