

The Leftovers Run

4.1 Miler and ½ Marathon

Saturday November 28th, 2020

Lower Perkiomen Valley Park, Oaks, PA



Burn off your leftovers, help us with OUR leftovers, and support The Daily Bread Community Food Pantry with an in-person race the Saturday after Thanksgiving.

When you finish, you'll get the RUNegades' leftover finisher's medal of YOUR CHOICE!

But THAT'S NOT ALL!

We've partnered with Altra Running and they're providing over a dozen pairs of leftover demo shoes that we'll randomly award at the race!

Both races begin in Lower Perkiomen Valley Park. The 4.1-miler will take you on the Audubon Loop Trail. The half will take you on the SRT down to Lock 60 in Phoenixville and THEN on the Audubon Loop. These serene courses offer the perfect setting burning off that extra slice of pumpkin pie.

Start anytime during our **90-minute starting window (8:00 am to 9:30 am)**. The events will be chip timed, so your time will not start until you cross the starting line.

Due to Covid restrictions, the field for both events combined is extremely limited, so register today!

****WE WILL OFFER YOU A FULL REFUND (minus the minimal Run Signup processing fee) if we are forced to cancel the race due to COVID.**

***All COVID-19 "green" phase restrictions will be strictly followed. Runners will be required to wear a mask in the start/finish area. Wearing a mask on the course is up to you.**

Cost before 11/9/20: Half \$60 / 4.1 miler \$35

Cost 11/9/20 to race day: Half \$65 / 4.1 miler \$40 Cost on race day: Half \$70 / 4.1 miler \$45

FOR MORE INFO OR TO REGISTER ONLINE, GO TO:

www.RUNEGADES.com

Event (circle): Half-Marathon / 4.1-miler

First name: _____ **Last name:** _____

Male _____ **Female** _____ **Date of Birth:** _____ **E-mail:** _____

Address: _____

Phone: _____ **T-shirt size: S / M / L / XL** **Shoe Size:** _____

**Please sign the waiver on and make checks Payable to RUNegades Inc.
Mail by 11/11 to: RUNegades, Inc. 180 Glenwood Avenue, Collegeville, PA 19426**

Waiver/Release of Liability

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RUNegades, Inc., Second Wind Timing Company, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries, illnesses--including COVID-19 (the novel coronavirus)--and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature of participant (or legal guardian if under 18 years of age)

