

**What Goes Up, Must Come Down**  
**Blue Mountain Resort, Palmerton, PA**  
**Sunday, May 16<sup>th</sup> 2021**  
**10:00am What Goes Up & 11:15am 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 9 AM, race at 10 AM. 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 10 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 11:15 AM. "Must Come Down" (Part 2) will start at 11:15 AM and will start from Slopeside and finish at the Valley Lodge. Awards ceremony will be at 12 PM 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 TANK BUT TANKS WILL BE AVAILABLE FOR SALE THAT DAY. No refunds or mailed awards.

**What Goes Up Must Come Down Awards:** 1<sup>st</sup> 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. 1<sup>st</sup> male and female age groups 14 & under, 15-19, 20-29, 30-39, 40-49, 50+

**Individual Entry:** \$30 pre-registration thru May 12th, \$40 day of registration

**Optional Online Registration available at [www.pretzelcitysports.com](http://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](mailto:akohler@skibluemt.com) or [information@skibluemt.com](mailto: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.**

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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**