

Ready Set Run's 9th Annual River Ramble Fall Classic



5K and 10K Road Race - 2 Mile Walk
Sunday, November 14, 2021 - 9:00am

Smithfield Beach. River Road, PA - 7 Miles North of Delaware Water Gap, PA

COVID PRECAUTIONS: We are hopeful that this race will be run in a normal manner. Since the race is located in the National Park, we are bound to follow Federal and State Covid Guidelines. This may include wearing masks, social distancing, limiting crowd size, staggered start and may include limited post race festivities. If the race is cancelled by 10/8 there will be a partial refund. After 10/8 no refund, but you will receive a sweatshirt.

- **NEW THIS YEAR: CHIP TIMING**
- 5k & 10K Race Limited to **500** Total
- Groomed Scenic Trail for 2 Mile Walk
- Register online www.pretzelcitysports.com
- Hooded Sweatshirt to all registered by 10/8
- Prizes to top Overall Male and Female
- Overall Awards 9 Age Groups
- Course Time Limit: 90 Minutes
- Carpooling is encouraged
- Out & Back Rolling Hills

Please Print Clearly

Name _____ Male Female Age on 11/14/21 _____

Address _____

Phone (____) _____ E-Mail _____

- 5K Road Race \$45 10K Road Race \$45 **Note: 90 minute cut off time**
 Undecided 5K/10K Road Race Option \$45
 Fun 2 Mile Trail Walk \$30 (Non timed event) **Select Adult Sweatshirt Size:** S M L XL

Hooded Sweatshirts guaranteed to those who register by October 8

Waiver: I understand that a road race and trail walk is potentially hazardous activity. In consideration of this entry I, the undersigned, hereby release and forever discharge Ready Set Run, The National Park Service, their agents, servants, and employees from any or all manner of actions, personal injury, including death, or any cause whatsoever, which I may have against them by reason of or arising out of my participation in the above listed activity. I consent to the taking and public use of any photographic or audiovisual images by persons selected by Ready Set Run and waive any right that I may have to copyright, inspect or approve the final project.

Signature (required) _____ Date _____

Make Checks Payable to River Ramble and mail or deliver with this form to:

Ready Set Run 431 Main Street, Stroudsburg, PA 18360

570-424-6431 rffc5k10k@gmail.com

Online registration: www.pretzelcitysports.com (Closes 11/10 or until filled)



With you every step.

www.readysetrunpoconos.com Look for updates on Facebook

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