



NHS DECA FROSTY 5K

& 1/2 MILE KIDS FUN RUN

Presented by the Northampton High School DECA
Proceeds benefit the *National Eating Disorder Association*

Sun, 11/21/21 – 10 AM – Saylor Park, Ironton Rail Trail



LOCATION/COURSE: Saylor Park, 245 N 2nd Street, Coplay, PA 18037. Ironton Rail Trail is a paved course. This will be an out and back course.

REGISTRATION: Registration/number pickup starting at 9:00 a.m. at the park.

TIME: 5K at 10:00 AM, Kids Fun Run (limited to ages 10 & under) at 11:00 AM.

AMENITIES: Long-sleeve t-shirt to all pre-registrants of 5K, "goodie" bag for all 1/2 mile Kids Fun Run finishers. Refreshments for all finishers, portable toilet, off-street parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days after the race.

AWARDS: Awards for the **Overall Male and Female** winners plus top three male and female in each of the following age groups: 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. No awards for the Kids Fun Run but "goodie" bags for all finishers.

ENTRY FEE: \$25 for 5K if postmarked by November 10, 2021. Late entry including race day is \$30 while t-shirt supplies last. \$5 for Kids Fun Run. Reminder, no shirts for kids due to reduced fee.

Optional extended online registration available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, November 17, 2021.)

CHECK PAYABLE TO "NASD" AND MAIL CHECK AND FORM BELOW TO: TARA MRAZIK, NORTHAMPTON HIGH SCHOOL DECA, 1619 LAUBACH AVENUE, NORTHAMPTON, PA 18067.

RACE DIRECTOR: TARA MRAZIK, MRAZIKT@NASDSCHOOLS.ORG, 610-360-1050, <https://sites.google.com/nasdschools.org/nhsdecafrosty5k>



PLEASE NOTE: St. Luke's University Health Network and Delaware & Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more, sign up at www.tailonthetrail.org It's FREE. Log the miles you walk, run or bike, and earn prizes! Whether you're training for this event, or getting out on trails for fresh air, your miles count! Join today and help us build a healthier community... one mile at a time.

.....**Please Print Clearly**.....

Last name _____ First name _____

Address _____

City/State/Zip _____ Race day age: _____ Date of birth: ___/___/___

Circle each option--Race: **5K** or **KIDS FUN RUN** Gender: **M** or **F** Shirt Size: **S M L XL 2X 3X**

Phone:(_____) _____

Email: _____

WAIVER: I know that running a road 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, Northampton High School DECA and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date _____/_____/2021