



Join our 3<sup>rd</sup> Annual

# Pawsitive Pace 5k

## & 1 Mile Fun Walk/Run

**Saturday, November 19, 2022 at 9:00 AM**

*Runners and walkers of all ages, as well as dogs, are welcome.*

**LOCATION:** Behind Fork and Ale. 1281 E Main St, Douglassville, PA 19518. Free parking at event. Restrooms available.

**REGISTRATION/BIB PICK UP:** Opens 8:00 AM on 11/19/22.  
**RACE START:** 9AM for 5k run. 9:45AM for Fun Run/walk.

**RACE BENEFITS:** Proceeds to fund animal welfare. Pawsitive Hearts is a non-profit organization registered in PA.

### ENTRY FEE/DETAILS:

- \$25 for 5K and/or 1 Mile if registered by November 2, 2022, includes guaranteed race t-shirt.
- \$30 after November 2, 2022. Day of registration is allowed.
- T-shirts for late/day of registrations while supplies last.
- Rain or shine event. No refunds.

**FUN:** Raffles + refreshments. One raffle ticket is free. Additional tickets available for purchase. Merchandise for sale. Post-race water and snacks for runners/walkers and dogs.

**AWARDS:** Awards given to the overall first-place male and female. Plus, top three males and females in 14 & under, 15 – 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. No awards given for 1-mile run/walk. No mailed awards.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race results posed on [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**QUESTIONS:** Contact Stacy Lord at [stacyllord@gmail.com](mailto:stacyllord@gmail.com)

**REGISTRATION:** [Optional online registration](https://www.pretzelcitysports.com/onlineform1.php?id=1637) is available. <https://www.pretzelcitysports.com/onlineform1.php?id=1637>

*(nominal service fee applies, closes at midnight the Wednesday before race day)*

Or mail check and bottom portion of this form to:  
**Pawsitive Hearts Pet Therapy & Rescue, Attn: Stacy Lord, 31 Rock Rdg, Morgantown, PA 19543**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle one: 5K      1 mile      Sex: M F      Race day age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

T-shirt size (Please Circle): Men's sizes (short sleeve): S M L XL 2XL 3XL

Email (print only): \_\_\_\_\_

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 effects 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, Union Township Municipal Complex 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 whatsoever, 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: \_\_\_\_ / \_\_\_\_ / 2022