

The F and M Track Club presents

FMTC "Night of Miles"

Thursday July 14th 6:00 P.M.

"Challenge Yourself at the One-Mile Distance"

LOCATION: The Franklin and Marshall College track located on Harrisburg Avenue between College and Race Avenue in Lancaster City.

REGISTRATION/BIB PICKUP: Starts at 5 P.M. First 1-mile heat starts at 6 P.M. with each heat thereafter starting approximately every 15 minutes.

COURSE: There will be SIX heats including Elite, Open, and HS/Jr HS (with no more than 20 runners per heat). Each heat will consist of four (4) laps on the F&M Track (1609 meters). Clock at finish with instant results provided.

ENTRY: \$10 if postmarked by June 30th. Afterwards, including race day, entry is \$15. You are encouraged to pre-register because race day registration may be CLOSED or limited once we have as many entries as we can accommodate for each heat. Races will be held rain or shine. Water will be provided. There will be no refunds or mailed awards.

ELIGIBILITY: To enter the Elite race the recommended qualifying time is sub-5:00 for males and sub 6:00 for female runners. For the Open race and the High School/ Jr High races - the recommended entry times are sub 8:00 for males and sub 9:00 for females. High School runners may be considered for the Elite race if they provide verification of meeting the times noted above.

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, online entry closes at midnight the Tues. of race week)

AWARDS: First overall male and female times \$100.00. There is also \$100 time bonus for an FMTC Record. Awards for 1st male and 1st female in each of the 3 categories (Elite, Open, HS)

FMTC 1-MILE RECORDS: Men: *Caleb Gatchell* - 4:06 Women: *Georganne Watson* - 4:59

RACE DIRECTOR: Jeffrey Kirchner. E-mail me at jtkirchner@comcast.net. Additional information can be found at the FMTC web site - fandmtrackclub.com

MAIL THE FORM BELOW WITH A CHECK PAYABLE TO "FMTC"
@ 238 North Mary Steet, Lancaster PA, 17603

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race Day age: _____ Date of birth ____/____/____

EVENT (Circle one): HS/Jr HS / Open Race / Elite Race Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

WAIVER: I know that running a track 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 other runners on the track, and I 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 track 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, F and M Track Club, Franklin and Marshall College, USA Track and Field (USATF) 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 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 _____