

Ready Set Run's 10th Annual River Ramble Fall Classic



5K and 10K Road Race - 2 Mile Walk
Sunday, November 6, 2022 - 9:00am

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

COVID PRECAUTIONS: The day of the race we reserve the right to follow any Federal CDC and National Park Service and/or PA Guidelines. This may include wearing masks, social distancing, and limiting crowd size. We reserve the right to change to social distanced staggered start.

- **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 10/3
- 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 11/6/22 _____

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

Select Adult Sweatshirt Size: S M L XL

Fun 2 Mile Trail Walk \$30 (Non timed event)

Hooded Sweatshirts **guaranteed** to those who register by **October 3**

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 rsr1@ptd.net

Online registration: www.pretzelcitysports.com (Closes 11/2 or until filled)



**BUSHKILL
FALLS**

www.readysetrunpoconos.com Look for updates on Facebook