

EP Panther Football Presents the 1st Annual

Family Fun 5k Run

Bring your Family to Run or Walk a 5K & Have Fun

All Proceeds Benefit the Live Like Bree; Saving Super Smiles Foundation and the East Pennsboro Panthers High School Football Team

- EP Football will use the proceeds for training equipment, tournament & camp fees, team meals, coaching aids, awards and other incidentals that arise as we continue our efforts to give these student/athletes the best opportunities to become well-rounded, successful individuals.
- The Live Like Bree Saving Super Smiles Foundation's Mission is to
 - Break the Rules on Clinical Trail Regulation
 - Empower Parents to Direct Care
 - Bring More Smiles to Kids

Date: September 25th (Rain or Shine)

Time: Race @ 9am (Check-in starts @ 7:30), Kids "Fun Run" after the 5K

Location: East Pennsboro Area High School Stadium, 425 W. Shady Lane, Enola

WIN Over \$2,000 in Top Prizes and Awards

The 1st place Male and Female each win **\$500**, 2nd place Male and Female each win **\$250** and the 3rd place Male and Female each win **\$100**

The top Male and Female in each age group, **10 & Under, 11-14, 15-19, 20-29, 30-30, 40-49, 50-59, 60-69 and 70+** each receive a commemorative medal and a \$50 gift card to Jaws on Fire!

General Info

- The 5K course begins and ends on the track at the East Pennsboro Area High School Stadium and takes place entirely on the school campus.
- **For kids 10 and under, there will be a kids "Fun Run" around the track following the 5k**
- Carnival games for children are also included.
- Water stop will be available at midway point of the course.

Register Online at- <https://www.pretzelcitysports.com/onlineform1.php?id=1728>

Registration Fee for 5K: \$35 (registrations for both events up to Sep 10 are guaranteed a race shirt)

Registration Fee for Kids Fun Run / Carnival Games: \$15

**** For all questions, please contact the race director
Adam Hoover @ 717-576-6925 (call or text) or EPFamily5K@gmail.com**

ENTRY FORM

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip Code _____

Email address _____

Gender: ___ M ___ F Date of Birth _____ Race Day Age _____

** Runners under 18 must be accompanied by a parent or guardian**

5K Kids Fun Run Donate Only \$ _____

Please indicate T-Shirt Size (circle one) -

- Youth Small Medium Large X-Large
- Adult Small Medium Large X-Large XX-Large
- Decline T-Shirt

RELEASE-

I, _____ (please print name), am voluntarily participating, or allowing the minor(s) named below to participate, (hereafter "participant") in the East Pennsboro Area School District Football Team's 5k Run at East Pennsboro Area High School on September 25th, 2022, including all warm-up, race, and cool-down activity (hereafter "event"). I understand that there are health and safety risks associated with race participation, which risks include bodily injury and even death.

I agree to release and discharge all claims for myself, my family, and my heirs, against the EAST PENNSBORO AREA SCHOOL DISTRICT, its officers, directors, employees, agents, volunteers and assigns and will defend and hold them harmless from any and all damages, injuries, claims, litigations, expenses (including, but not limited to attorneys' fees and costs), whether for any injuries to any person including damages to personal property, damages to realty or any injuries or damages suffered by any person whatsoever, arising out of or in connection with the undersigned's participation in the event. I am participating in the event voluntarily and not as an employee or faculty member of the School District.

I am fully aware that I am assuming all associated risks and responsibilities associated with this event, which risk includes potential injury, the knowledge that there is no guarantee as to the condition or quality of the premises or the equipment utilized therein, and that there may not be supervision provided. Thus, if any damages are sustained, including any injury or losses to my/the undersigned's person or property, I agree to indemnify, defend, and hold harmless the EAST PENNSBORO AREA SCHOOL DISTRICT, its officers, directors, employees, agents, volunteers and assigns of all responsibility and liability for any such related injury or damage. I certify that the participant listed below is in good physical condition or believed to be in good physical condition and allow participation in this event at my own risk.

In the event of illness or injury, I hereby give my consent for medical treatment and permission to secure proper treatment if the below participant is injured. I certify that the below participant is covered by medical insurance.

I / WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Participant name (if minor): _____

Participant/Guardian name (adult): _____

Participant/Guardian signature (adult): _____

Date: _____