



2nd Annual RUN VALLEY RUN



5K RUN/WALK

Presented by Pequea Valley Cross Country
Saturday, May 13, 2023 - 8:30 AM - Ronks, PA

LOCATION: Cherry Crest Adventure Farm, 150 Cherry Hill Rd, Ronks, PA, 17572

REGISTRATION: Packet pickup begins at 7:00AM; 5k start at 8:30AM

SWAG: T-Shirt guaranteed if registration received by April 27th. Shirts available while they last on race day. Refreshments for finishers, indoor toilet facilities, on site parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com 1-2 days following the race.

AWARDS: Individual Options: Awards for 1st overall male & female plus top 3 male and female runners in each age group: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Team Options: Sign up as a team with work, as a family, or from church. Be sure each individual registers for the race. You will compete against other teams from the same category. Award for top team in each category. Cross Country scoring of top 3 runners from each team. Team members are STILL eligible for age group awards.

ENTRY: \$25 if postmarked by April 27, 2023 (includes t-shirt), \$30 after April 27th (t-shirt not guaranteed).

All profits support the athletes of the Pequea Valley Cross Country program.

Optional online registration available at <https://www.pretzelcitysports.com/online-registration/>

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

CONTACT: Bliss Strauss, bliss_strauss@pequeavalley.org, 717-768-5500 ext 5033

GENERAL DIRECTIONS FOR ALL:

From Lancaster: take 30 E, turn right on Paradise Ln, turn left on Cherry Hill Rd, Cherry Crest Adventure Farm will be on the right

From Chester County: take 30 W, turn left on 41, turn right on 741, turn right on Cherry Hill Rd, Cherry Crest Adventure Farm will be on the left

CHECK PAYABLE TO "PVXC" - MAIL CHECK & FORM BELOW TO:

PVXC % Bliss Strauss, 4033 East Newport Rd, PO Box 287, Kinzers, PA 17535

-----PLEASE PRINT CLEARLY-----

Last Name: _____ First Name: _____

Team Name (if applicable): _____ Team Category (if applicable): _____

(each person must register with the exact same team name)

(work, family, church - please specify)

Address: _____

City/State: _____ Zip: _____ Race day age: ____ DOB: ____/____/____

Sex: M F Phone: (____) _____ Best time to reach you: AM or PM

Shirt Size (circle one): S M L XL 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 of running in traffic. I also assume any or all 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, PVXC 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 on their behalf, or anyone else associated in any way with the race, from any claims or liability for death, personal injury or property damage of any kind of nature whatsoever 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.

I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign):

Signature: _____

Date: ____/____/____