

1ST ANNUAL MS WARRIOR DASH 5K

Presented by Schuylkill Valley High School – Mental Health Matters & SODAA Clubs
Sunday, October 1, 2023 – 9:00 AM - Leesport, PA



LOCATION: Schuylkill Valley High School Campus – 929 Lakeshore Drive Leesport, PA 19533. **RAIN OR SHINE.**

REGISTRATION: Registration packets can be picked up in the stadium starting at 7:30am on the morning of the race.

- \$30 if received by September 16, 2023
- \$35 after September 16, 2023, including day of the race.
- Shirts are guaranteed if registration received by September 16, 2023. After that day and including RACE DAY- Shirts are FIRST COME, FIRST SERVE BASIS!

FUN RUN:

- Following 5K race - \$5
Children 12 and under only.
- 1/2 Mile distance – 2 laps around the track

AWARDS: Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets:

- 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69,
- 70+ (only one top male and one top female award presented in this age bracket)

Optional Online Registration Available at <https://www.pretzelcitysports.com>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

CHECK PAYABLE TO “Schuylkill Valley High School (Memo – Mental Health Matters Club)”
& MAIL CHECK & FORM BELOW TO: Janna Kneeream, 929 Lakeshore Drive Leesport, PA 19533
RACE DIRECTOR: Janna Kneeream or Kelly Musket @ 610-926-1706 – SVHS Main Office or email
jkneeream@schuylkillvalley.org or kmusket@schuylkillvalley.org

.....Please Print Clearly.....

Last name _____ **First name** _____

Address _____

City/State _____ **Zip** _____ **Race day age:** _____ **Date of birth** ___ / ___ / ___

Sex: M F **Phone:** (____) _____ **Shirt Size (circle one):** S M L XL

Race: 5K Fun Run **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 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 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, Schuylkill Valley School District 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 what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ **Date** ___ / ___ / 20__