

Spooky Nook Sports Presents the Inaugural

Halloween Kegs & Eggs 5K

& 1 Mile Fun Race

Sunday, Oct 29, 2023 9:15 A.M

LOCATION: Lancaster Junction Trailhead (99 Champ Blvd, Manheim, PA 17545) Bib pickup opens at 8:00 am, Costume Contest begins at 9am, 1 Mile Kids Fun Race at 9:15 am; 5k starts at 9:45 am. Brunch to follow at Forklift and Palate beginning at 10:45am. One brunch ticket is included in your race fee.

COURSE: FLAT, FAST wheel measured course on mostly shaded gravel trail. GREAT place to PR! .
Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: 5K: 1st Overall Male & Female plus top 3 M & F in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

1M Kids Race for 12 yrs old & under: Top Male & Female overall

ENTRY: 5k: \$45 (adults) or \$25 (youth) if postmarked by Sat, Sept 30, 2023 incl. guaranteed t-shirt.. Afterwards, incl. race day, \$52 – adult 5K and \$30 – Youth; T-shirt not guaranteed if registration postmarked after 10/1.

Online Registration available at <https://www.active.com/manheim-pa/running/distance-running-races/kegs-and-eggs-race-2023>

RACE DIRECTOR: Bridget Wiczowski, 717-618-8508 or email me at bridgetw@nooksports.com more info at spookynooksports.com

MAKE CHECK PAYABLE TO “Spooky Nook Sports”

MAIL CHECK & FORM BELOW TO: Bridget Wiczowski, 2913 Champ Blvd., Manheim, PA 17545

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

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, Spooky Nook Sports, 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. 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 ____/____/ 20__