

# NHS DECA FROSTY 5K/RIANNA'S RACE & 1 MILE AWARENESS WALK

Presented by Northampton High School DECA

Proceeds will benefit Turning Point of the Lehigh Valley in Memory of Rianna Glass

**Sun, 11/19/23 – 10 AM – Saylor Park, Ironton Rail Trail**

**LOCATION/COURSE:** Saylor Park, 245 N 2nd Street, Coplay, PA 18037. Ironton Rail Trail is a paved course. This will be an out-and-back course.

**REGISTRATION TIME:** Registration/number pickup starting at 9:00 a.m. at the park.

**RACE TIME:** 5K at 10:00 AM, 1 Mile Awareness Walk at 11:00 AM.

**AMENITIES:** Long-sleeve t-shirt to all pre-registrants of 5K and 1-Mile Awareness Walk. Refreshments for all, a portable toilet, off-street parking, time clock at the finish, and instant results. Held rain or shine.

No refunds. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days after the race.

**AWARDS:** Awards for the **Overall Male and Female** winners plus top three male and female in each of the following age groups: 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+.

No awards for the 1 Mile Awareness Walk. No mailed awards.

**ENTRY FEE:** \$25 for all ages (shirt included) **if registration and payment is received by November 6, 2023.**  
**Late entry including race day is \$30 while t-shirt supplies last.**

Optional extended online registration available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, November 15, 2023.)

**CHECK PAYABLE TO "NASD" AND MAIL CHECK AND FORM BELOW TO: TARA MRAZIK, NORTHAMPTON HIGH SCHOOL DECA, 1619 LAUBACH AVENUE, NORTHAMPTON, PA 18067. RACE DIRECTOR: TARA MRAZIK, [MRAZIKT@NASDSCHOOLS.ORG](mailto:MRAZIKT@NASDSCHOOLS.ORG), 610-360-1050**



**PLEASE NOTE:** St. Luke's University Health Network and Delaware & Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more, and sign up at [www.tailonthetrail.org](http://www.tailonthetrail.org). It's FREE. Log the miles you walk, run or bike, and earn prizes! Whether you're training for this event or getting out on trails for fresh air, your miles count! Join today and help us build a healthier community...one mile at a time.

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

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth: \_\_\_/\_\_\_/\_\_\_

Choose Option: \_\_ 5K Race All Ages (\$25/\$30 Late) \_\_ 1-Mile Awareness Walk All Ages (\$25/\$30 Late)

Gender: M or F Adult Shirt Size: S M L XL 2X 3X Youth Shirt Size: S M L

Phone:(\_\_\_\_\_) \_\_\_\_\_ 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 other 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, Northampton High School DECA 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, the legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_\_