

# ridge runner 5K

AT



**TWIN PINES CAMP**

3000 Twin Pines Camp Rd, Stroudsburg, PA 18360

**SATURDAY SEPTEMBER 29, 2018**

• **\$30.00 entry** through September 8

• *Includes shirt and swag bag*

• **\$35.00 entry** after September 8

• *Shirts available while supplies last*

## **Kid's Fun Run** (for children 12 years and under)

• *Free with paid adult if registered by September 8*

• *\$5 donation requested without registered adult*

• *\$10 donation requested after September 8*

• **Registration** - 7:30 am

• **Race starts** - 9:00 am

• **Kids Fun Run** - After the race

Course is run on improved groomed trails, and includes water stations/refreshments.

Activities for the whole family are on site through 1:00 pm for the adjoining Family Fall Festival (homemade soup, pumpkin decorating, wagon rides, etc.)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Gender (please circle one): Male Female

Age on Race Day: \_\_\_\_\_ Shirt Size (please circle one): XS S M L XL

Race Selection (please circle one): 5K only Kid's Fun Run *with* adult in 5K Kid's Fun Run *without* adult in 5K

**Waiver and Release:** I, the undersigned intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against Twin Pines Camp and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph.

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

(If under the age of 18, a parent or guardian's signature is required.)

• Make checks payable to **Twin Pines Camp** and note "5K" on memo line.

• Mail payment with this form to: **Twin Pines Camp, 3000 Twin Pines Camp Rd, Stroudsburg, PA 18360**

• Optional online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (Nominal service fee applies, closes at midnight the Wednesday prior)

3000 TWIN PINES CAMP ROAD, STROUDSBURG, PA 18360 • 570.629.2411 • [twinpines.org](http://twinpines.org)