



Run Benefits the Leukemia and Lymphoma Society & The Emily Whitehead Foundation



Blood, Sweat & Tears 5-Miler

Fees:

- \$20 if registration post-marked by July 4 (t-shirt guaranteed)
- \$25 if registration post marked by October 20 (t-shirt guaranteed)
- \$30 if registered after October 20 (t-shirt is available while supply lasts)

Course:

The course will start across from the Lawn Fire Company and will take you on a combination of public roads and the Rails to Trails.

Also:

- Door prizes
- Bake sale
- Prize drawing
- Gift baskets
- Bounce house for kids
- Special guests

One entry form per participant. Please print clearly.

The **Blood**, Sweat & Tears 5-Miler

Saturday, November 4, 2017

Lawn Fire Hall Grounds, Lawn, PA

7:00am—8:45am - Packet pickup

8:45am—Welcoming remarks

9:00—run begins rain or shine

New for 2017!

Prize money for top finishers!

(Circle One)

Name: _____ Gender: **Male** **Female** **Age** _____

Address: _____

Phone: _____ E-mail: _____

T-shirt Size ___ Small ___ Medium ___ Large ___ X-large ___ Other (please specify)

Waiver: I acknowledge that running an endurance event can be a potentially hazardous activity. On behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipality in which the event occurs or anyone connected with this event for any and all injuries or illnesses which I may suffer as a result in taking part in the event. I am in proper physical shape for this event.

Signature: _____ Date: _____

Parent or guardian if under 18 years of age:

Send check payable to "Tom Garrett" to
6033 Colebrook Road, Palmyra, PA 17078

Visit the Blood, Sweat & Tears web site at:

www.bloodsweatandtearsfivemiler.weebly.com