Run Benefits The Emily Whitehead Foundation

Blood, Sweat & Tears 5-Miler & 5K

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)

Features:
Door Prizes
Bake Sale
Gift Baskets
Prize Drawing
Rock Climbing Wall

Also:

Enjoy a fresh sub made by the Country View Grocery in Annville.

Your choice: (7 inches)

Ham Italian Turkey

Order due by 10/25

Each sub is $5.00. Add sub total to check. Subs can be picked up after the run in the fire hall. Each sub comes with a bag of chips.

One entry form per participant. Please print clearly.

The Blood, Sweat & Tears 5-Miler

Saturday, November 2, 2019

Lawn Fire Hall Grounds, Lawn, PA

7:00am—8:45am - Packet pickup

8:45am—Welcoming remarks

9:00—run/walk begins rain or shine

I will be running/walking:

☑ **Check one**

_____ **5K Course (3.1 miles)**

_____ **5-Mile Course**

_____ **Both! (add $5.00)**

Subs $5.00 ___ Ham ___ Italian
___ Turkey (order due by 10/25)

(Circle One)

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

Address: _____

Phone: _____ **E-mail:** _____ (Print Clearly)

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.bloodsweatandtearsfivermiler.weebly.com