

Blood, Sweat & Tears Run (3.1, 5, or 10)  
Go the distance, for the kids

## Run Benefits The Emily Whitehead Foundation



# Blood, Sweat & Tears 5K, 5-Miler & 10 Miler

### Fees:

- 5K & 5 miler—\$25 if registration is post marked by September 10 (t-shirt guaranteed)
- 10 miler— \$30 if registered is post marked by September 10 (t-shirt guaranteed)
- Timed Event
- Pre-run warmup
- Police Supported
- Door prizes
- Raffle
- Food trucks
- Live music

Consider doing the run as a fund raiser for the Emily Whitehead Foundation. Call Tom at 717.315.7228 for more details.

Together, we can and we will stop pediatric cancer.

One entry form per participant. Please print clearly.

The **Blood**, Sweat & Tears Run  
Saturday, September 24, 2022  
Behind Mt. Gretna Lake  
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  
\_\_\_\_\_ 10-Mile Course  
\_\_\_\_\_ Virtual Run

(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.bloodsweatandtearsfivemiler.weebly.com](http://www.bloodsweatandtearsfivemiler.weebly.com)