

Blood, Sweat &
Tears Run (3.1, 5, or 10)

Their Fight is
Our Fight

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 16, 2023

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