

5th Annual River Ramble Fall Classic



5K and 10K Road Race - 2 Mile Walk

Presented By "Ready Set Run" Running Store Stroudsburg, PA
In Cooperation with Bushkill Falls and The Delaware Water Gap National Recreation Area

Proceeds to benefit local organizations and charities

Sunday, November 13, 2016 - 9am

Smithfield Beach, River Road - 7 Miles North of Delaware Water Gap, PA

- Out & Back Rolling Hills
- 5k & 10K Race Limited to **500** Total
- Groomed Flat Scenic Trail for 2 Mile Walk
- Register online www.pretzelcitysports.com
- Hooded Sweatshirt to all registered by 10/18
- Prizes to top Overall Male and Female
- Overall Awards 9 Age Groups
- Course Time Limit to 5K and 10K
- Carpooling is encouraged
- No dogs on course

Please Print Clearly

Name _____ Male Female Age on 11/13/16 _____

Address _____

Phone _____ E-Mail _____

5K Road Race \$30 Run Walk

10K Road Race \$30 **Note: 90 minute cut off time**

Undecided 5K/10K Road Race Option \$30

Fun 2 Mile Walk \$30 (Non timed event)

**5th Anniversary Hooded Sweatshirt only
guaranteed to those who register by October 18**

Select Sweatshirt Size: S M L XL

Waiver: I understand that a road race trail walk is potentially hazardous activity. In consideration of this entry I, the undersigned, hereby release and forever discharge Ready Set Run, The National Park Service, their agents, servants, and employees from any or all manner of actions, personal injury, including death, or any cause whatsoever, which I may have against them by reason of or arising out of my participation in the above listed activity. I consent to the taking and public use of any photographic or audiovisual images by persons selected by Ready Set Run and waive any right that I may have to copyright, inspect or approve the final project.

Signature (required) _____ Date _____

Make Checks Payable to River Ramble and mail or deliver with this form to:

Ready Set Run 431 Main Street, Stroudsburg, PA 18360 570-424-6431 rffc5k10k@gmail.com

Online Registration: www.pretzelcitysports.com (Closes 11/9)

www.readysetrunpoconos.com



Look for updates on Facebook



With you every step.

****River Road Closes 10 Minutes Prior to Race.
Reopens after all racers cross finish line.**

**BUSHKILL
FALLS**

Results posted in 24 hours on www.pretzelcitysports.com