



# An Apple a Day 5K Cross Country Run/Walk



**When:** Saturday September, 17th @ 8:00 AM (Registration Opens @ 7:00 AM)

**Where:** Rodale Institute – 611 Siegfriedale Rd. Kutztown (Maxatawny Township), PA 19530

Our 5K course will meander through our 333-acre certified organic farm. Runners can expect to see our organic vegetable and grain production fields, varieties of livestock, streams and ponds, and scenic views of surrounding farms and valley. After the Apple a Day 5K, please come join us at our 8th annual Organic Apple Festival from 10 am to 4 pm! Pick organic McIntosh apple varieties from our orchard, shop from over 40 organic food vendors, play apple themed games, and enjoy music and entertainment.

**Registration Fee:** \$25 per runner for pre-registration, and \$30 per runner after September 1st.

Registration can be completed online at Pretzel City Sports: [https://pretzelcitysports.com/online\\_registrations.html](https://pretzelcitysports.com/online_registrations.html) or at the Rodale Institute website: [www.rodaleinstitute.org](http://www.rodaleinstitute.org). Completed forms with a check or money order remitted to Rodale Institute may be mailed to:

611 Siegfriedale Rd. Kutztown, PA 19530 C/O Jesse Barrett

**Prizes:** Awards will be given to the top 3 overall finishers in the men’s and women’s categories, as well as the top 3 male and female finishers in each of the following age groups: 18 and under; 19-29; 30-39; 40-49; 50-59; 60 and over.

**Contact:** Jesse Barrett – 610.683.1474 [jesse.barrett@rodaleinstitute.org](mailto:jesse.barrett@rodaleinstitute.org) or Ali Lynn 610.683.1475 [ali.lynn@rodaleinstitute.org](mailto:ali.lynn@rodaleinstitute.org)

## Rodale Institute Apple a Day 5K Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Email: \_\_\_\_\_ Shirt Size: XS \_\_\_ S\_\_\_ M\_\_\_ L\_\_\_ XL \_\_\_

## Waiver and Release From Liability

I, the undersigned, being 18 years of age or older, acknowledge and fully understand that running a cross-country race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I understand and acknowledge that my participation in Rodale Institute’s Apple a Day 5 k may involve a risk of illness, serious injury or even death, and that I have had the opportunity to consult with the organizer of the event prior to participation. My signature below confirms that I assume all risks associated with running this event, whether known or unknown, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or any running surface, all risks being known and appreciated by me. I understand that Rodale Institute makes no warranties, claims or representations to me regarding potential or actual safety or risks resulting from my participation in the Rodale Institute Apple a Day 5k.

I hereby release, waive, discharge and covenant not to sue Rodale Institute, its officers, directors, agents, and employees, and all sponsors, from and for any claims, losses, demands, damages, or expenses, including claims for personal injury which might arise out of illness, injury, or death and any costs, and losses of expenses resulting therefrom.

I have read this Waiver and Release. I understand its terms and by signing this Waiver and Release voluntarily intend to be legally bound by it.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(Parent or guardian’s signature if participant is under 18 years of age.)