



DONEGAL HIGH SCHOOL TRACK AND FIELD PRESENTS

Donegal Bunny Run 5k and Fun Run

Saturday, April 2, 2016 – 9 AM

Riverfront Park, Marietta, PA

All proceeds to benefit Donegal Track and Field for equipment, invitationals, etc.

LOCATION/REGISTRATION: Starts/finishes at the Riverfront Park, Vinegar Ferry Road, Marietta, PA 17547. Registration/number pickup will take place at the main pavilion near the parking area. Registration opens at 7:45 AM. Race begins at 9 AM. Fun run to follow at 9:45 AM. Walk ups welcome!

COURSE: Race will be held on the Northwest River Trail. Flat and fast paved course that will be an out and back. No strollers or pets allowed for this event for safety reasons.

AMENITIES FOR 5K: T-shirt to all 5k runners registered by March 20 and as supplies last after that. Port-a-johns available at registration area. Time clock at finish with timing by Pretzel City Sports. Results will be posted on www.pretzelcitysports.com in 1-2 days. No refunds or mailed awards.

AWARDS FOR 5K: 1st Male and 1st Female overall, followed by awards for top 3 male and female in the following age groups:

12 & under	40-49
13-19	50-59
20-29	60-69
30-39	70 & over

*Also an award for the best dressed bunny themed costume.

ENTRY: \$25 if postmarked by March 20, 2016. Afterwards, including day of race, \$30. Online entry available at www.pretzelcitysports.com (small fee applies, closes at midnight Wednesday, March 30, 2016). Fun run is FREE (no shirt), but registration is required (small fee of \$1.50 does apply if online registration selected).

GENERAL DIRECTIONS:

From Route 30: Take exit for Columbia and travel North on Route 441 for approximately 5.7 miles. Make left onto Vinegar Ferry Road for 0.6 miles (over railroad tracks and under overpass). Make right after overpass and follow to parking area.

From Mount Joy area: Take 772 West to Route 441 North. Make right onto 441 North for 2.8 miles to Vinegar Ferry Road. Make left and follow underlined directions above.

MAIL CHECK PAYABLE TO “Donegal Track and Field” WITH FORM BELOW TO: Donegal Track & Field, Bunny Run, P.O. Box 492, Mount Joy, PA 17552. Questions? Contact Amy Good by email at splintergirl@aol.com or by phone/text at (717) 278-0943.

----- Please Print Clearly -----

Last Name _____ First Name _____

Address _____ City/State/Zip _____

Email _____ Phone _____

Sex: M F Event: ___5K ___Fun Run Emergency Phone _____

Shirt Size (circle one): S M L XL XXL Date of Birth: ___/___/___ Age on Race Day: _____

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be two lanes of participant traffic on the course and assume the risk for running in those conditions. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the trail, all such risks being know and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Donegal School District and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, know or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ___/___/___

(Parent’s Signature instead if entry is under 18 years old)