



Flag Day 5K Run/Walk & 1 Mile Fun Run

Sunday June 12, 2016 at 9am

Registration starts at 8am at the
Orwigsburg Memorial Building, 300 Grove St., Orwigsburg PA 17961

Race Course and Start

Race will start and finish at the Orwigsburg Memorial building. This is a wheel measured 5KM (3.1 mile) run/ walk thru Albright's Woods and using the walking paths around BMMS and BMEE. The course is mostly flat with one hill. The 1 mile Fun Run is on Grove Street, starting and ending at the Memorial.

To Remember Our Own

All Flag Day 5K participants may choose to donate a portion of their entry fee to one of these Eagle Foundation Scholarships:
Captain Jason Jones Memorial Scholarship: Graduated as a true scholar athlete from Blue Mountain '03 and the United States Military Academy at West Point '07. He was a highly decorated Special Forces Green Beret with deployments in Iraq and Afghanistan.
Leslie J. Schoffstall Memorial Scholarship: Leslie was a 1979 Blue Mountain graduate and Blue Mountain Sports Hall of Fame member for her track accomplishments. Leslie served many years as coach for the Blue Mountain track teams.

AWARDS

5K Run- Top Overall Male and Female; Top 3 Males and Females in each Age Group

Age Groups: 14& Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over; ribbons for all participants 10 and under

5K Walk- Top Overall Male and Female

1 Mile Fun Run/Walk- Top Overall Male and Female, ribbons for all participants

REGISTRATION INFORMATION

Online registration: www.pretzelcitysports.com (minimal service fee applies)

5K Run/Walk - Preregistration \$20 (includes t-shirt) until May 31; \$25 after May 31 (limited t-shirt availability)

****online registration closes Wednesday June 8****

1 Mile Fun Run- Preregistration \$10 thru May 31; Additional family members \$8/each thru May 31; children 3 & under FREE

After May 31 all Fun Run participants \$15/each

*****All Fun Run participants get an American Flag Bandana*****

Sign and return with payment to: Natalie Glunz, PO Box 184, Friedensburg Pa 17933; payable to **Blue Mtn Eagle Foundation**

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. 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 effects of the weather and the condition of the roads, all such risks being known 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, Blue Mountain Eagle Foundation, 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 for 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 or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports and Blue Mountain Eagle Foundation to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

Signature _____ Date _____

Name: _____ Age on Race Day: ____ Male ___ Female ___

Address: _____ 5K Run ____ 5K Walk ____ 1 Mile Fun Run ____

City: _____ State: _____ Zip: _____ Shirt Size: 5K participants only –circle one YS YM YL
AS AM AL AXL A2XL

Email: _____

Please designate a portion of my entry fee to go to:

_____ **Captain Jason B. Jones Scholarship Fund** _____ **Leslie J. Schoffstall Memorial Scholarship Fund**

For more information contact: Natalie Glunz 570-640-8913 or Beth Dal Santo 570-498-9138