

4th Annual **G|H** Railroad Run Labor Day 4K Race & 1M Fun Run/Walk

“Shave a K on Labor Day”!

Monday, Sept. 5, 2016 10 A.M.

Sinking Spring, PA

Fee includes shirt, **FREE drink & finisher's medal...**

Entitles runners to 50% off cost of “optional” cookout to follow race

LOCATION/REGISTRATION/COURSE: Starts/ends at the Railroad House, 152 Woodrow Avenue, Sinking Spring. Registration/number pickup opens at 9:00 AM, 4K starts at 10 a.m. and 1M fun run/walk starts at 10:40. Wheel measured course; **FAST & FLAT!** Unique distance allows **EVERYONE** to set a “personal best”.

AMENITIES: Race shirt, finisher's medal, **FREE** drink afterwards, indoor toilets, good parking, clock at finish, instant results. Runners/Walkers only pay \$10 for optional cookout afterwards (normally \$20).

AWARDS: Top 2 Males & Females plus the top 3 males and females in the following groups:
18 & Under 19 – 29 30-39 40-49 50-59 60+ Results on www.pretzelcitysports.com in 1-2 days

ENTRY FEE: \$25 if postmarked by Saturday, August 20, 2016; afterwards, including day of race, \$30.

MAKE CHECK PAYABLE TO: Gilmore | Henne Community Fund

MAIL FORM & CHECK TO: Gilmore | Henne Community Fund, GoggleWorks, Suite 502, 201 Washington Street, Reading, PA 19601.

RACE DIRECTOR: Christine Anderton: (610)207-3522 **EMAIL:** info@ghcommunityfund.com

-----Online registration via Credit Card also available on www.pretzelcitysports.com-----

Last name _____ First name _____

Address _____

City _____ State ____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 4K 1M Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): XS S M L XL 2X email _____

Have you participated in the Railroad Run before? (circle one) 1st time 2nd time 3rd time 4th time

Get Run Emails already _____ Yes _____ No Including \$10 extra for cookout ____ yes ____ no

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 know that there will be traffic on the course and assume the risk for running in traffic. 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 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, the Railroad House and the Gilmore/Henne Community Fund, 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 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 2016

Parent or Guardian signature if under 18

Rain or shine. No refunds or mailed awards or shirts