



Friday July 29, 2016 – 7:30pm
Spring Hollow Golf Club, Spring City PA

LOCATION/REGISTRATION: Spring Hollow Golf Club 3350 Schuylkill Road, Spring City PA 19475. Registration/number pickup at Spring Hollow Golf Club beginning at 6:00pm Race Day. Starts and Finishes at the Club house. Course is all on paved cart path except about 250 meters which is on grass.

AMENITIES: Tech T-shirt guaranteed to all pre registrants who enter by July 15. ONE FREE BEER per registered runner 21 and over. Time clock at finish and instant results. Race will be run rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

There will be live music and dinner specials after the race in the Club House. They have a great outside patio as well.

AWARDS: Awards for 1ST male & female plus top 3 M & F in 14 & Under, 15-19, 20 -29, 30-39, 40-49, 50-59 60+

ENTRY FEE: \$25 if postmarked by July 15 includes Tech shirt. Afterwards including race day, \$30; shirt based on availability. If a Member of the Sly Fox Track Club, those prices are \$20 by 7/15; \$25 afterwards. Sly Fox Track Club Membership is \$25 Annually. You will receive discounts on all of our races.

Optional Online Registration Available at www.pretzelcitysports.com
 (nominal service fee applies, closes at midnight, Wednesday prior to Race)

MAIL CHECK PAYABLE TO "Sly Fox Track Club" c/o Chris Bayless 1339 Lynn Drive Pottstown, PA 19464
484/941-1952/ Email: Slyfoxtrackclub@gmail.com

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

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

Sex: M F Phone: (____) _____ A.M. or P.M.??

Tech Shirt Size (circle one): S M L XL email _____ @ _____

Already Getting Emails from Pretzel City Sports Regularly?? _____ 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, Sly Fox Brewery, Spring Hollow GC 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 ____/____/ 20____

Howlin' at the Moon 5k