

Fall Foliage 5k



Benefiting the ministry of Twin Pines Camp, Conference, and Retreat Center

Saturday, October 1, 2016

9:00 AM Stroudsburg PA

Kids Fun Run after the 5k

Location: Twin Pines Camp, 3000 Twin Pines Camp Rd. Stroudsburg, PA 18360

Awards: Overall male and female, Overall master(40+) male and female, Top 3 Winners M & F in age groups: 18 under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, no duplications

Entry: **Register by September 10, 2016** and pay **\$30**. All pre-registered participants receive a race shirt in their size and swag bag, after September 10 shirts available while supplies last. Registration open until race starts, but after September 10, 2016, and on race day, registration is \$35. Registration and number pick-up starting at 7:30 AM. Race at 9:00 AM rain or shine.

Kids fun run – Free with a paid adult if registered by September 10, 2016.
 Kids fun run after the 5k. Kids participating without an adult will be asked to make a \$5 donation if registered by September 10. After September 10 the donation will be \$10. (Kids run participants do not receive t-shirts.)
 Proceeds benefit Twin Pines Camp, Conference, and Retreat Center.

Amenities: Race shirt guaranteed to every registrant registered by September 10, After September 10 and on race day while supplies last. water stations on course, refreshments, Activities for the whole family (homemade soup, Pumpkin decorating contest, wagon rides) through 1pm, and much more!

Course: The course is run on improved groomed trails.

Contact: FallFoliage5K@twinpines.org or 570-629-2411

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Gender: Male _____ Female _____

Age on Race Day: _____ Circle one: 5k _____ Kids fun run with 5k participant
 _____ Kids fun run without 5k participant

Email Address: _____

Shirt Size: xs s m l xl

Waiver and Release: I, the undersigned intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against Twin Pines Camp and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph.

Signature: _____ **Date:** _____
 (If under the age of 18, a parent or guardian's signature is required.)

Make checks payable to Twin Pines Camp and note "5K" on memo line.
Mail payment with this form to:
Twin Pines Camp, 3000 Twin Pines Camp Rd, Stroudsburg, PA 18360
 Optional Online Registration Available at www.pretzelcitysports.com
 (Nominal service fee applies, closes at midnight, the Wednesday before race day)