

NHS DECA FROSTY 5K & 1 MILE FUN RUN/WALK FOR ALL AGES

NORTHAMPTON DECA
FROSTY 5K



Presented by Northampton High School DECA
Proceeds will benefit KDKC (Keystone Diabetes Kids Camp)



Sun, 11/24/24 – 10 AM – Saylor Park, Ironton Rail Trail

LOCATION/COURSE: Saylor Park, 245 N 2nd Street, Coplay, PA 18037. Ironton Rail Trail is a paved course. This will be an out-and-back course.

REGISTRATION TIME: Registration/number pickup starting at 9:00 a.m. at the park.

RACE TIME: 5K at 10:00 AM, 1 Mile Fun Run/Walk at 11:00 AM.

AMENITIES: Short-sleeve t-shirt to all pre-registrants. Refreshments for all, a portable toilet, off-street parking, a time system at the finish, and instant results. Held rain or shine. No refunds. Results on www.pretzelcitysports.com in 1-2 days after the race.

AWARDS: Awards for the **Overall Male and Female** winners plus top three male and female in each of the following age groups: 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. No awards for the 1 Mile Fun Run/Walk. No mailed awards.

- **ENTRY FEE for 5K (all ages)** - \$25 includes shirt if registration and payment is received by November 6th. After that including race day is \$30 t-shirt while supplies last.
- **ENTRY FEE for 1 Mile Fun Run/Walk Adult (ages 13 and older)** same pricing structure as 5K
- **ENTRY FEE for 1 Mile Fun Run/Walk Child 12 and Under** - \$15 up to and including race day. The shirt is only guaranteed if registered by 11/6.

Optional extended online registration available at <https://www.pretzelcitysports.com/online-registration/> (Nominal service fee applies, closes at midnight, November 20, 2024.)

CHECK PAYABLE TO "NASD" AND MAIL CHECK AND FORM BELOW TO: TARA MRAZIK, NORTHAMPTON HIGH SCHOOL DECA, 1619 LAUBACH AVENUE, NORTHAMPTON, PA 18067. RACE DIRECTOR: TARA MRAZIK, MRAZIKT@NASDSCHOOLS.ORG, 610-360-1050

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

Last name _____

First name _____

Address _____

City/State/Zip _____

Gender: M or F Race day age: _____

Date of birth: ___/___/___

Adult Shirt Size: S M L XL 2X 3X Youth Shirt Size: S M L

Race Options: __5K Race All Ages __1 Mile Fun Run/Walk Adult __1 Mile Fun Run/Walk Child 12 and Under

Phone:(_____) _____ Email: _____

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 of 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 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, Northampton High School DECA 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, the legal guardian must sign)

Signature _____ Date _____