

Blood, Sweat & Tears Run

5K, 5-Miler & 10 Miler

Fees:

- 5K & 5 miler—\$25 if registration is post marked by September 1 (t-shirt guaranteed) \$30 September 2 through race day. Shirts available while supply lasts.
- 10 miler— \$30 if registration is post marked by Sep-tember 1 (t-shirt guaranteed). \$35 September 2 through race day. Shirts available while supply lasts.



Amenities

- Food Trucks
- Timing by Pretzel City Sports
- Bake Sale
- Gift Basket Raffle
- Rock Climbing Wall
- Police Supported
- Mt. Gretna Car Show held beside event

Award Groups

12 & under, 13-19, 20-29,30-39, 40-49,50-59,60-69, 70+ Awards for top finisher in all three race groups

One entry form per participant. Please print clearly.

Saturday, September 13, 2025

(Behind Mt. Gretna Lake on Timber Road, Mt. Gretna, PA)

7:00am—8:45am - Packet pickup

8:45am—Welcoming remarks

9:00—run/walk begins for all three distances

I will be running/walking:



Check one

- 5K Course (3.1 miles)
- 5-Mile Course
- 10-Mile Course
- Virtual Run

(Circle One)

Name: _____ Gender: Male Female Age _____

Address: _____

Phone: _____ E-mail: _____ (Print Clearly)

T-shirt Size ___ Small ___ Medium ___ Large ___ X-large ___ Other (please specify)

Waiver: I acknowledge that running an endurance event can be a potentially hazardous activity. On behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipality in which the event occurs or anyone connected with this event for any and all injuries or illnesses which I may suffer as a result in taking part in the event. I am in proper physical shape for this event.

Signature: _____ Date: _____

Parent or guardian if under 18 years of age: _____ Send check payable to "Tom Garrett" to 6033 Colebrook Road, Palmyra, PA 17078

Online registration available at the Blood, Sweat & Tears web site at:

www.bloodsweatandtearsfivemiler.weebly.com