



Avenues Foundation 5K Duck Dash & 1 Mile Waddle
5K Run/Walk & 1 Mile Waddle
Sunday, April 2, 2017
09:00 am

Race Location: Greater Hazleton Rails to Trails. Race Day registration and packet pick-up begins at 7:30 am at the parking lot. Near the intersection of PA 93 & 424. The 1 Mile Waddle starts at 9:00 am followed by the 5K Run/Walk

Course Description: 1 Mile Waddle – Hazleton Rails to Trails out and back. 5K– Take the trail to Dreck’s Creek and back.

Awards: Top 3 Male & Female in each 5k age group will receive a medal. Age Groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and older. Overall Male & Female 1 Mile Waddle Participant will receive a first place prize.

Proceeds: Benefit individuals with developmental and/or acquired disabilities.

Entry Cost information:	1 Mile Waddle	5k Run/Walk
	\$25 w/shirt	\$25 w/shirt

Guaranteed T-shirts to all registered participants before March 15th. If shirts run out, shirt will be mailed.

Make Check Payable & Mail: Avenues Foundation – 2 Park Street, Pottsville, PA 17901

Contact: Stephanie Strohecker 570-622-7920 ext. 111, fax 570-622-9271, email: sstrohecker@avenuesofpa.org

Packet Pickup: Thursday, March 30th & Friday, March 31st from 11am– 7pm Two Locations: Avenues – 600 South Poplar Street, Suite 120A Hazleton, PA 18201 (left side of building) and Avenues – 2 Park Street, Pottsville, PA 17901

Website: Race forms are also available online at neparunner.com, Results will be posted on our Avenues website www.avenuesofpa.org and our Facebook page- www.facebook.com/Avenuesofpa

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Avenues Foundation Duck Dash 5k & 1 Mile Waddle ENTRY FORM
PLEASE PRINT LEGIBLY

Name _____ Sex ____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (circle one) SM M L XL XXL XXXL

Participating in (circle one): 1 Mile Waddle or 5k Run/Walk

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____

Parent or Guardian if under 18 _____

No refunds will be issued for any reason