

# “the River Run”

**5K Run/Walk- Sunday, April 30, 2017**

**Please pre-register before April 14, 2017**

**Race Location:** Kirby Park, 1<sup>st</sup> Ave & Market Street, Kingston, Pa 18704. Registration and Race start at Pavilion 3 inside Kirby Park. Day of registration starts at 10:00 am with race beginning promptly at 11:00 am.

**Course Description:** 5k run/walk course with run through Kirby Park and surrounding trail. All off road course with rolling hills and straight-a-ways.

**Awards:** First 100 participants will receive a commemorative t-shirt and swag bag. Prizes will be awarded to the top three female and male finishers as well as completion medals for the top 50 finishers overall.

**Proceeds:** 100% of registration costs will be donated to the American Lung Association to send children to Camp AsthmaCadabra.

**Entry Cost Information:** Pre-registration cost...\$10.00, day of race...\$15.00

**Make Checks Payable to:** River Run Rehab and Nursing Center

**Please fill out registration form and mail to:** Sue Grohowski, 615 Wyoming Ave, Kingston Pa 18704

**Contact:** Sue Grohowski, 570-288-5496

## “the River Run” Form 4/30/2017, Please Print Legibly

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

SHIRT SIZE ( circle one) S M L XL Name of affiliation of Club or Team \_\_\_\_\_

### 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 any and 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.