



# FOURTH ANNUAL Penny House 5k Run/Walk Lake Ariel, PA SATURDAY, July 8, 2017



Please join us for the Fourth Annual Penny House 5K run/walk in beautiful Lake Ariel, PA. All proceeds go directly to the Lake Ariel Volunteer Fire Company. Runners and walkers alike will enjoy participating in this event. This course has something for everyone.....not to mention great views of beautiful Lake Ariel!

Course Description: This is a fast out and back paved course. The course starts and ends in front of Lake Ariel Fire Company with course winding along the lake.

Registration: Cost of registration prior to June 24 is \$15. Race day registration is \$20. Checks may be made payable to Penny House 5K. Complete registration forms can be mailed with check to the below address 14 days prior to race day.

Please send entry forms to: Penny House 5K, 590 Gravity Road, Lake Ariel, PA 18436. Registration Fee Includes:

- Race entry with bib and timing chip
- The First 100 participants to register for the race will receive a free Penny House Race t-shirt + Swag Bag
- Post-race celebration with Awards Ceremony

**Please go to [www.neparunner.com](http://www.neparunner.com) for race listing/additional entry forms or [www.pennyhouse5k.com](http://www.pennyhouse5k.com) for on-line registration/payment through PayPal**

Address: \_\_\_\_\_ DOB: \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Male/Female (circle)

E-Mail Address: \_\_\_\_\_ Phone: \_\_\_\_\_ How did you hear about the PH5K? \_\_\_\_\_

I plan to participate in (please circle): **Run/ Walk** Donation only: \_\_\_\_\_ T-Shirt (circle) YM YL SM Med LG XL XXL

In consideration of acceptance of my participation at the Penny House 5K Run/Walk, I understand, intend to legally bound hereby, waive and release for myself, my heirs, executors and administrators any and all rights and claims for damages, demands, and actions whatsoever, including negligence which I may have against the Penny House 5K event planners, its sponsors, all participating volunteers and supporters and those entities, representatives, successors arising out of my participating in this event, including any and all injuries suffered by me as a result of the event. I certify that I am physically fit and have sufficiently trained for this event.

Signature (parent if under 18): \_\_\_\_\_ Date: \_\_\_\_\_