



NW 2019 Ranger Run/Walk

Saturday May 4, 2019 at 10:15am

LOCATION: Northwest Area High School, 243 Thorne Hill Road, Shickshinny, PA 18655 - ***Brand New Sports Complex at The Lewis and Miller Memorial Stadium***

COURSES: Walk/Run on Ranger Track – 400M of Brand New Synthetic Flat Track or **COMPETITIVE COURSE:** – 5K Run on Cross Country Course

PRE-REGISTRERED PACKET PICK UP AND DAY OF REGISTRATION: From 9:00am to 10:00am – Registration table located near football field.

Awards for Competitive Course: Trophy to top Male and Female runners - Medals to first three finishers in each runner's age group. Age groups Awards/Male & Female are: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ **Medals** to the first three finishers registering as 5K Walk/Run Ranger Track (combined Male/Female age group does not apply). **T-Shirts** will be provided to the first 100 pre-registered runners. Those registering on race day may not be guaranteed a T-Shirt.

ENTRY FEE: \$20.00 by May 3rd - \$25.00 day of race. **Checks payable to:** The Ranger Foundation, Inc. **MAIL TO:** The Ranger Foundation, In., c/o NW Area High School, 243 Thorne Hill Rd, Shickshinny, PA 18655 **DONATIONS:** If you wish to donate without participating in the 5K Run/Walk, please send your donation to the address listed above. All proceeds will benefit the students at Northwest Area School District. For more information, please email Gary at e02453@yahoo.com

----- Detach Here -----

The Ranger Foundation Inc. 5k Run/Walk Registration Form – Please fill out and return One registration form is required per participant

Waiver: I hereby declare, assert and affirm by participating in the NW Ranger 5k Run/Walk is done having voluntarily and knowing ALL RISKS involved in this special event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing participation in the above stated special event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated special event, including officials of The Ranger Foundation, Inc., NW Area High School, Shickshinny Borough, and all others. I also allow my likeness including photograph to be used in any possible media.

I plan to: Run Cross Country Track _____ Run Ranger Track _____ Walk Ranger Track _____

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____ Gender: M ___ F ___

ADULT: S M L XL XXL (Circle One) Age on day of Race: _____

Print Name _____ Date _____

Signature (Parental Consent if under 18) _____

Send your completed form along with payment to: The Ranger Foundation, Inc., c/o NW Area High School, 243 Thorne Hill Rd, Shickshinny, PA 18655 or can be dropped off to NW Area High School, District Office.