

Nuremberg-Weston Volunteer Fire Company invites you to the 3rd Annual Give It Hell Run/Walk 7K Saturday, Sept. 7th from 9 a.m. until noon

LOCATION: The start/finish line will be at the Nuremberg-Weston Volunteer Fire Company, 459 Hazle Street, Weston, PA 18256. Race Director: Doug Demshock, (570)751-3162 or ddemshock@gmail.com.

DETAILS: Registration is from 7-8:45 am. Run/walk starts at 9 am. There will be a children's 1 mile fun run immediately following the 7K. The first 100 pre-registered participants are guaranteed to receive a t-shirt. All others will receive a t-shirt on a first come first serve basis. Race will be timed and scored by Insta-Results. Event will be held rain or shine. No refunds or mailed awards. Shirts will be distributed the day of the event.

COURSE: Primarily a road course with gentle hills and flat areas. Route travels through the towns of Nuremberg and Weston.

AWARDS: Separate awards for the first male and female runner to cross the finish line. Plus, 3 male & female winners for the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up. Also, awards for the top 3 male & female Emergency Responders.

ENTRY: \$20 if **postmarked by August 10, 2019** or if you are a first responder. Afterwards, including race day, \$25. Entrance fee for all walkers is \$15 and the children's 1 mile fun run is free. MAIL CHECK & FORM BELOW TO: Nuremberg-Weston Volunteer Fire Company, Attn: Give It Hell 7K, 459 Hazle Street, Sugarloaf, PA 18249. Option online registration is available on runsignup.com (nominal processing fee applies, closes at midnight on Sept. 5th) or by seeing any member of the fire company.

There will also be tricky trays, potato cakes & hot dogs available on race day.

Last Name _____ First Name _____
Address _____ City _____ State _____ Zip _____
Sex: M F Race Day Age: _____ Date of Birth: ____/____/____ Phone # _____
Are you a first responder: Y N If so, choose one: FIRE EMS LAW ENFORCEMENT
Participation option: Run Walk Fun Run
Shirt Size (circle one) S M L XL Email (print clearly) _____

WAIVER: I know that running a road race is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Insta-Results, NUREMBERG-WESTON VOLUNTEER FIRE COMPANY, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of any every kind or nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Insta-Results and Fire & Film to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (If under 18, legal guardian must sign)

Signature: _____ Date: _____