



# Avenues Foundation 5K Duck Dash & 1 Mile Waddle

5K Run/Walk & 1 Mile Waddle

Saturday, April 20, 2019

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.

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

**Awards:** Overall Male & Female in the 5K Run/Walk, 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 in the 1 Mile Waddle Participant will receive a first place medal.

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

<b>Entry Cost information:</b>	1 Mile Waddle	5K Run/Walk
	\$25 w/shirt	\$25 w/shirt

Guaranteed T-shirts to all registered participants before March 30<sup>th</sup>. If shirts run out, shirt will be mailed.

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

**Contact:** Brett Huffman 570-622-7920 ext. 111, fax 570-622-9271, email: [avenuesmarketing@avenuesofpa.org](mailto:avenuesmarketing@avenuesofpa.org)

**Packet Pickup:** Friday, April 19th from 11am– 7pm, Avenues – 2 Park Street, Pottsville, PA 17901

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

Pickup Packet Location (circle one): Pottsville Hazleton Day of Event

### **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**