

Pleasant Mount

Firecracker 5K! Race

July 4, 2020

Start Time: 7:30 AM **Registration Time:** 6:30 AM to 7:15 AM

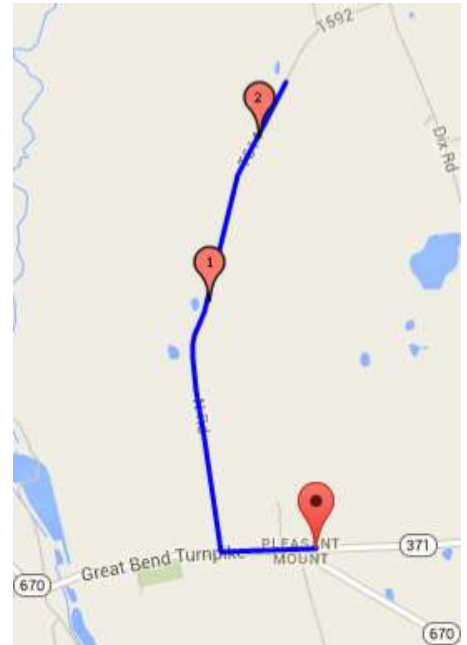
Location: Pleasant Mount, PA, at the intersection of Route 670 and Route 371

Cost: **Preregistration** (by June 20): \$15.00/person, Family Rate: \$30 for a family of 3; *with an additional \$5 per person over 3.*
Race Day: \$20.00 per person. Family Rate: \$45 for a family of 3; *with an additional \$5 per person over 3.*

Course: A wheel-measured, 5,000-meter out-and-back; gradual uphill first, downhill back.

Features: Overall and age-group awards.

No additional cost for T-shirts, food and water for preregistered entrants. T-shirts also available on race day. Post Race Festivities and Parade.



All proceeds benefit Boy Scout Troop 407, Pleasant Mount.

To enter, please complete the form below and send with a check payable to **BSA Troop 407** to:
PMCC
377 GREAT BEND TPKE
PLEASANT MOUNT, PA 18453

Name: _____ Gender (circle): male female

E-mail: _____ Phone: _____

Shirt size (circle): S M L XL

Age group (circle): 13 and under 14-19 20-29 30-34 35-39 40-44 45-49 50-59 60 and over

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pleasant Mount 5K, the town of Pleasant Mount, the Boy Scouts, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Parent (if under 18): _____

Pleasant Mount Community Center
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boy407scout@gmail.com