



1st Annual East Snyder Park - Black Walnut 5K and Family Fun Run/Walk Saturday ----- November 7, 2015



Race is run on the pathways and trails within the confines of the 40 acre park

Where: East Snyder Park, 875 University Ave
Selinsgrove, PA 17870

5K Fee: \$20 FUN RUN Fee: \$2

Registration: 7:30 am-8:30 am at App /VanNuys Pavilion at the Park. Race registration can be completed using the form below or at www.parunners.com

Starting Time: 5K 9:00 AM / FUN RUN 10:00 AM

Award Ceremony: App/VanNuys Pavilion

AGE GROUPS MALE AND FEMALE: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

T-shirts for first 150 registered 5K runners.

Proceeds: Benefit East Snyder Park and the ESP Veteran's Memorial

Timing: www.parunners.com - Chip Timing

Race Safety Considerations:

Earphone use is discouraged

No cell phone use or texting while on course. Runners with carriages must start at rear and are cautioned as to safety of other runners. Pets are not permitted on the race course.

Post-race snack/drinks provided.

Ambulance service provided.

REGISTRATION

Check the event to be entered: 5K _____ FUN RUN _____ (No T-shirts provided for FUN RUN)

AGE: _____ Sex: Male _____ Female _____ Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

Application Release and Indemnity Form

In consideration of the acceptance of this entry to the East Snyder Park Black Walnut 5K, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups, and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race.

Signature (Parent's signature if runner is under 18 years of age)

Date

NO REFUNDS: The Race Committee reserves the right to reject any entry.

MAKE CHECKS PAYABLE TO: ESSRA (East Snyder Regional Recreation Association)

MAIL REGISTRATION TO: Black Walnut 5K, 7 Gregg Drive, Selinsgrove, PA 17870