



# Pump & Run 5K

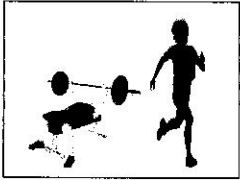
Northern Blair County Recreation Center, Tipton, Pa.

12<sup>TH</sup> Annual Labor Day Races- the only races between Chambersburg and Greensburg on Labor Day

Monday, Sept. 7, 2020

Gun Time 8:30 AM

2 Races- Same great Course



5K Class

5K Pump and Run Class

Run hard; run fast

Bench Press your way to a reduced 5K run time\*

**\$20 if pre registered by August 15, 2020 (\$5 veteran discount)**

(shirts guaranteed for participants registered by 08/15/20 only)

- First 25 registered participants will receive a drawstring, Labor Day Back Pack
- First 40 registered participants will receive a participation medal

\*Bench Press will be held from 7AM to 8 AM day of race

**\$25 after 08/15/2020**

Registration /Checks and return to NBCRC, PO Box 118, Tipton, PA 16684

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_

Address - \_\_\_\_\_ Shirt size-S M

L XL

City

State

Zip

XXL

Phone \_\_\_\_\_ Email \_\_\_\_\_ (circle one)

(circle one)

Pump & Run 5K

5K Run

**Waiver:** Must be signed to participate.

In consideration of you accepting this entry, (I below signed), intending to be legally bound for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages I may have against the Labor Day 5K Run, 5K Pump & Run, the officials, sponsors, directors, officers, employees, agents and volunteers of the Labor Day 5K Run, 5K Pump & Run and /or the race committee, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. Furthermore, I hereby grant full permission to use photographs, video tapes, motion pictures and records of me, or any other record of this event, for a legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under the age of 18, a parent or legal guardian must sign entry form. This race committee reserves the right to reject any entrant.

Participant signature \_\_\_\_\_ Date \_\_\_\_\_