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**Northern Blair County Recreation Center, Tipton, Pa.**

**Male & Female**

**18 & under**

**19-29**

**30-34**

**35-39**

**40-44**

**45-49**

**50-59**

**60-79**

**80 & over**

**16TH Annual Labor Day Race**

**Monday, Sept. 1st, 2025**

**5K Pump and Run**

Run hard; run fast Bench Press your way to a reduced 5K run time

(for bench press rules, go to www.nbcrc.com)

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**$25 if pre-registered by July 31, 2025**

**(Shirts guaranteed for participants registered by 07/31/22 only)**

Overall male and female winners in Pump & Run and 5K win a prize and overall medal

Medals given to top three male and female in each age group (awards will not be doubled)

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

**$30 after 07/31/25**

Return registration /checks to NBCRC, 4080 E Pleasant Valley Blvd, Altoona, PA 16601

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth \_\_\_\_\_\_\_\_\_\_\_

**(Circle one)** Male Female Age on race day\_\_\_\_\_\_\_\_\_\_\_\_\_

Address - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City State Zip

Shirt size – S, M, L, XL, XXL ($3 extra) **(circle one)**

Phone\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Circle one)** Pump & Run 5K 5K Run

**Race start time 8:30am**

 **Waiver**: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge Labor Day Pump & Run, NBCRC and all event sponsors, event volunteers and workers, their office, directors, agents, successors and assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video, or film likeness to used for legitimate purpose by and of aforementioned parties.

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

 **No refunds, no exceptions**