



Rock the Wall
2nd Annual 5K and 10K
East Coventry Township, PA
Saturday, March 18, 2017 @ 10:00AM 10K/5K and 5K Walk

WHO: Runners and walkers of all ages. Gather your family, friends and co-workers. Dogs are welcomed, but must be on leash; strollers are ill advised.

WHAT: Rock the Wall run is a fund raiser to support **East Coventry Township Parks and Recreation**.

WHERE: East Coventry Township Building
 855 Ellis Woods Rd, Pottstown, PA 19465

WHEN: Saturday, March 18th 2017
 8:30 a.m. – Registration begins
 10:00 a.m. – Start time both races
 11:00 a.m. – Award presentation at Pavilion

All runners will follow the 5k course; 10k runners will continue on a new route to complete their run. Both routes are a combination of road and trail. 1, 2, 3, 4, 5, and 6 mile marked. Photos will be taken and will be free for download

Finish line and timing service by **Pretzel City Sports**. Race results to be posted on www.pretzelcitysports.com.

To register: Complete the form below and submit a \$25 check/money order to East Coventry Township by March 3rd to receive a Rock the Wall Thermal Long Sleeve T-shirt. The fee for entries received after March 3rd, and Race Day, is \$30. T-shirts are not guaranteed if you register after March 3rd

Optional Online Registration Available at:
<https://www.pretzelcitysports.com/online-registration/>
 (Nominal service fee applies, online registration closes at midnight, the Wed. before race day)

Medal and \$25 will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. (All Awards given for both the 5k and 10k races)

Map of Route is posted on East Coventry Township website
<http://eastcoventry-pa.gov/> or
 10k <http://www.mapmyrun.com/routes/view/1374091330>
 5k <http://www.mapmyrun.com/routes/view/1386021277>

REGISTRATION: 2nd Annual Rock the Wall

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Circle your Event: 5k RUNNER / 5k WALKER / 10k RUNNER T-shirt size (circle one): Adult: S M L XL XXL

Name _____

Address _____

City _____ ST _____ Zip _____ Phone _____

E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

Waiver/Release and Permission to Use Image

For and in consideration of my participation in the "Rock the Wall 2nd Annual 5K and 10K, East Coventry Township, PA" (hereinafter the "Race"), I hereby agree to the terms and conditions of this Waiver/Release and Permission to Use Image as more specifically set forth herein. I hereby acknowledge that participation in such a Race is an inherently dangerous activity. I understand that the risks include serious injury or death from such hazards as weather conditions, falls, contact with the road, motor vehicle traffic, contact with other participants, the effects of the weather including heat and/or humidity, cold, wind and wind/chill, the condition of the road, trails and farmland and other potential hazards, foreseeable and/or unforeseeable. I acknowledge that I should not participate in the Race unless I am medically able and properly trained. I hereby waive and release any and all claims from loss, casualty, injury or death against the Race Director, Race Officials, the Township of East Coventry, the County of Chester and all Race volunteers and sponsors, their supervisors, commissioners, directors, principals, any and all employees, servants and agents, their representatives and successors and hereby further agree to assume all risks associated with participation in this Race. Furthermore, I acknowledge that photographs, videotapes, recordings and other reproduction(s) of my image may be used for promotional purposes by the Township of East Coventry, Directors, Officials and/or Volunteers for the Race. I hereby grant any and all necessary permission to use any such images in an form of media, published or unpublished, now or hereafter for any legitimate purpose. I have read and fully understand that these terms are contractual and not a mere recital and sign this Waiver/Release and Permission to Use Image voluntarily.

DATE _____

Signature of Participant or parent or guardian if under the 18 years of age _____

Any questions contact (610) 495-5443 – info@eastcoventry-pa.gov or jjdoyle@comcast.net (610) 203-2488