

HERD THE CURD 5K Run/Walk & 10K

Saturday, September 3, 2016 at 8: 30 a.m. (10K) and 9:00 a.m. (5K)

Calkins Creamery, 288 Calkins Road, Honesdale, PA 18431

More details: www.Facebook.com/HerdTheCurd5K

Timing: Chip timing provided by Fast Finishes.Net

Fees: \$25 entry fee, with t-shirt, June 2 -- August 15. Race t-shirts guaranteed through August 10. \$30 entry fee, (t-shirt until supplies run out) August 16 – race day. Add \$5 to all fees for the 10K registration form.

Race Considerations: Earphone use is discouraged. No cell phone use or texting while running. Running with strollers or pets is discouraged because of the cross-country nature of this race. Ambulance and medical technician support will be available race day, through 10:00 a.m.

Course Description: Scenic 3.1 miles or 6.2 miles through Highland Farm. Start and finish at Calkins Creamery.

Facilities: Registration begins at 7:30 a.m. at Calkins Creamery, for packet pick-up, restrooms, and event parking.

Awards: Overall Male/Female, Male/Female age group winners

Additional Information or Questions: HerdCurd@gmail.com

Mail Entry Form and make checks payable to: Herd the Curd c/o Calkins Creamery, 288 Calkins Road, Honesdale PA 18431

NAME: _____ AGE: _____ (on race day) SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

EMAIL: _____ Unisex t-shirt size: ☐ Small ☐ Medium ☐ Large ☐ X-Large

Check one RUN: _____ WALKER: _____ 5K: _____ 10K: _____ Virtual 5K/10K _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Herd the Curd 5K, Highland Farm, Calkins Creamery and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature, if under 18)

Date