



# KARNS CITY CROSS COUNTRY'S 5<sup>TH</sup> ANNUAL GREMLIN GALLOP

5K Run/Walk

Saturday, August 1, 2020

8:00 am sharp, rain or shine—no refunds given

- Race Location:** Petroleum Valley Youth Center, 251 Magnolia Rd., Chicora, PA 16025
- Course Description:** Scenic run on trails, fields and some dirt roads at PVYC
- Awards:** Top 3 male and female overall; Top 3 male and female in each age group: 0-11, 12-15, 16-19, 20-49, 50+
- Course Records:** Male-18:44 ; Female-19:58
- Proceeds:** Benefits the Karns City Cross Country team, helping achieve excellence in many ways including paying entry fees to invitational meets, hosting meets, providing runner recognition at the end of the year banquet, and much more.
- Entry cost:** \$20 for all participants

\*\*Registrations received after 7/6/20 via mail or online will not be guaranteed a t-shirt.

**Mail paper registration forms to:**

*Gremlin Gallop 5K, c/o Jen Campbell, 160 Glenford Village, Chicora, PA 16025*

\*\*Race day registration begin at 7:00 am :: \$20 for all participants, shirt not guaranteed

- T-shirts:** Guaranteed and included in entry fee if registered and received by 7/6/20  
Additional T-shirts can be purchased for \$10 each (adult S-XL) or \$12 (2XL-3XL) until 7/6/20. T-shirts are not guaranteed after 7/6/20, so please do not add additional shirts to order.

**Other Information:** Results by UltraSignup at [www.ultrasignup.com](http://www.ultrasignup.com); **Checks Payable to:** KC Cross Country Boosters

**Contact:** KCCrossCountry@gmail.com

**No paper registration required if registering online (additional fees apply):** <https://ultrasignup.com/register.aspx?did=77868>

Name \_\_\_\_\_ Gender (circle one) M/F AGE ON 8/1/20 \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE/ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL: \_\_\_\_\_

RUNNER SHIRT SIZE (circle one) XS S M L XL (free with registration, not guaranteed after 7/6/20)

ADDITIONAL PURCHASE SHIRT SIZE (circle one) XS S M L XL (\$10 each) 2XL 3XL (\$12 each) DO NOT ORDER AFTER 7/6/20

Waiver: I hereby for myself or executors release Karns City Cross Country and/or PVYC, and all sponsors from all claims of injury, damage and courses of action whatsoever growing out of my participation in the race, and hereby certify that I am physically fit to participate in the race. I understand the photograph(s), taken of me and/or my child by agents may be used in connection with the KC Cross Country. I hereby grant KC Cross Country, it's agents, and assigns, the right to photograph me and/or my dependent and use the photo and/or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital, or electronic publishing via the internet.

Signature required \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature if under 18 \_\_\_\_\_ Total Enclosed: \_\_\_\_\_