



# Karns City Cross Country's 9<sup>th</sup> Annual Gremlin Gallop

5K Run/Walk

Saturday, August 3rd 2024

9:00 am sharp, rain or shine—no refunds given **(Registration begins 8am)**

**Race Location:** East Brady's Armstrong Rails to Trails Pavilion/Parking Lot  
**Course Description:** Scenic run/walk in East Brady - Armstrong Rails to Trails

**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+

**Proceeds:** Benefits the Karns City Cross Country team, helping achieve excellence in many ways including paying entry fees to invitational meets, hosting meets, runner recognition at the end of the year banquet and much more.

**Entry cost:** \$15 for students 18 and under before 7/27/24  
\$20 for adults before 7/27/24  
\$15 for walkers before 7/27/24  
**\*\*Registrations received after 7/6/24 via mail or online will not be guaranteed a T-shirt.**

\*\*Race day registration begins at 8:00 am - \$25 for runners/\$20 for walkers

**T-shirts:** Guaranteed and included in entry fee if registered and received by 7/6/24  
Additional T-shirts may be purchased for \$10 each (adult XS-XL) or \$12 (2XL-3XL)  
until 7/6/24. **T-shirts are not guaranteed after 7/6/24, 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:** [kccrosscountryboosters@yahoo.com](mailto:kccrosscountryboosters@yahoo.com)

**No paper registration required if registering online (additional fees apply):** <https://ultrasignup.com/register.aspx?dtid=52089>

Name \_\_\_\_\_ Gender (circle one) M/F AGE ON 8/3/24 \_\_\_\_\_ DOB \_\_\_\_\_

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

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

RUNNER SHIRT SIZE (circle one) XS S M L XL (free with registration by **7/6/24**)

ADDITIONAL PURCHASE SHIRT SIZE (circle one) XS S M L XL (\$10 each) 2XL 3XL (\$12 each) **DO NOT ORDER AFTER 7/6/24**

Waiver: I hereby for myself or executors release Karns City Cross Country and/or Armstrong Rails to Trails, 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\_(parent if under 18) \_\_\_\_\_ Date: \_\_\_\_\_