

Wednesday, July 4th, Montrose PA Start times: Fun Run 7:45am, 5K 8:10am & 10K 8:20a

KLR 3 for the 4th

RACE INFO

5K, 10K & FUN RUN

START TIMES

FUN RUN - 7:45AM

5K - 8:10AM

10K - 8:20AM

AGE GROUPS

13 & Under

14-19

20-29

30-39

40-49

50-59

60 & Over

Awards to age group & overall winners

Registration info

\$20.00 prior to June 30

\$25 race day

Online:

www.montroseklr.com

Or complete the attached application and mail to:

1131 State Rt 1039

Montrose, PA 18801

T-Shirts to the first 300 registered for 5K and 10K races.

Full day of fun: Parade, Crafts, Food, Fireworks.

Don't Delay, sign up today!

607-727-7167

KLR 3 for the Fourth Race Registration Form

If registering by mail, Please print legibly, Fill out, sign and mail with payment to 3 for the 4th, 1131 State Rt 1039, Montrose, PA 18801

All mail in entries must be postmarked by June 30th 2018 to ensure pre-registration

Name _____ Date of Birth MM/DD/Year ____/____/____

Male _____ Female _____

Age on race day _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-Mail _____

Race Selection

5K 10K

First 300 5K and 10K registrants will receive a t-shirt S M L XL circle one

Please read and sign the bottom

I know that running in a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am in good health and properly trained. I assume all risks associated with running this event, including high heat and /or humidity, traffic and road conditions. I agree to abide by the rules of this race and accept any decision of a race official relative to any aspect of my participation in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, the undersigned, for myself and for anyone entitled to act on my behalf, waive and release the Kiwanis, Lions, and Rotary Clubs of Montrose, PA Race Directors, representatives, their heirs and assigns, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding on my heirs, administrators, successors and assigns. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me while participation in the traveling to and or from this event.

Signature _____

Signature of Parent/Guardian if runner is under the age of 18 _____

RACE RESULTS AVAILABLE AT:

www.montroseklr.com or www.FastTrackTiming.com