

# Saucon Rail Trail 10K

Presented By **HCM Foundation**

**Monday September 5, 2016 – Upper Saucon Park**

- Schedule:** Registration starts at 7:00am – Free kids run 8:00 – 10K Run 8:30am  
**Location:** Upper Saucon Park, 3231 Preston Lane, Center Valley, PA 18034  
**Course:** Out and back on the Saucon Rail Trail, finishing next to the pavilion.  
**Amenities:** T-shirt, socks, Sponsor goodies, post race refreshments  
**Benefits:** The HCM Foundation  
**More Info:** Visit our website at [www.srt10k.com](http://www.srt10k.com), email at [srt10k@yahoo.com](mailto:srt10k@yahoo.com)

**All pre-registered participants will receive a high quality technical t-shirt and goodies our other sponsors**

## Awards

Cash awards to the top 3 overall male & female winners (\$75-\$50-\$25), \$50 to top male and female Masters, unique original rail road spikes to the top 3 male & female in each age group: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over. The top fundraiser (present your donation at registration) will win a gift certificate for Emmaus Run Inn .

**In addition: custom event socks will be awarded to first 300 registrants.**

## Registration & Fees

Pre-registration via this form must be postmarked by **August 28th, 2016**. Or register online <http://www.active.com/center-valley-pa/running/distance-running-races/5th-annual-saucon-rail-trail-10k-2016>  
**Online registration closes Wednesday Aug. 31 at 11:59 pm**

<u>Event</u>	<u>Before 8/22</u>	<u>8/23 through 8/31</u>	<u>Race Day</u>
10K Run	\$30	\$35	\$40

NOTE: T-shirts are not guarantee to participants who register after August 22, 2016 or on race day.

**DETACH HERE**

**Please complete the form below and make checks payable to HCM Foundation.**

**Mail to Chris Garges, 5650 Old Bethlehem Pike, Bethlehem PA 18015**

For Pre-Registration discount, return prior to 8/22

(one form per person/please print)

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age (on 9/5) \_\_\_\_\_  
Address \_\_\_\_\_ Fee: \$ \_\_\_\_\_ Optional Donation \$ \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_ Tee Shirt (circle one): XS S M L XL XXL

**Cancer Survivor:** Yes  No  **\*\*must register by 8/22 to guarantee t-shirt**

I know that running a road race is a potentially hazardous activity. I should not enter, run or walk unless I am medically able and properly trained. I also know that there may be traffic and possible weather related hazards on the course and assume risk for running/walking in these possible conditions. I also assume any and all other risks associated with running/walking and attending the race including but not limited to falls, contact with other participants, the affects of the claim on my behalf, covenant not to sue, and waive, release and discharge HCM Foundation, Upper Saucon Township, Lower Saucon Township, all volunteers, all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever, foreseen or unforeseen, known or unknown. I grant permission to use any photographs of me and my name for any and all race purposes. I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature (parent's if under 18) \_\_\_\_\_ Date: \_\_\_\_\_