



# 11<sup>th</sup> HOWL AT THE MOON

## TWILIGHT 5K RUN

August 17, 2019 6:30pm



*All proceeds benefit East Hills Recreation and the Richland HS Cross Country Teams*

Cost: \$15 Early Bird for registrations postmarked by August 2, 2019  
\$20 race day (no t-shirt)

Please make checks payable to: **EAST HILLS RECREATION 5K**  
Sign in & Race day registration begins at 5pm @ Richland Fieldhouse

**REGISTRATIONS MUST BE POSTMARKED**  
**BY August 2, 2019 to RECEIVE A T-SHIRT**  
RUN BEGINS AT THE  
RICHLAND HS FLAGPOLE  
**NEW COURSE THIS YEAR**

### Registration Form

Detach and return to:

Richland High School/Attn Bonnie Kidd/One Academic Avenue/Johnstown, PA 15904

Name: \_\_\_\_\_ Age (on race day) \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

Phone: \_\_\_\_\_ T-shirt Size S M L XL

Age Group: 14 & under \_\_\_ 15-19 \_\_\_ 20-29 \_\_\_ 30-39 \_\_\_

40-49 \_\_\_ 50-59 \_\_\_ 60+ \_\_\_

**Release & Consent Form:** In consideration of the acceptance of my/my child's entry, I for myself/my child, my/my child's executors, administrators, heirs and assignee do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims, damages and actions whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any/all of the foregoing use to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Signature of Participant \_\_\_\_\_