



POCONO MOUNTAIN EAST CROSS COUNTRY THIRD ANNUAL
CARDINAL 5K

RUNNERS NAME: _____

AGE: _____ GENDER: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

SHIRT SIZE: Please circle one

XS S M L XL XXL

Youth Sizes: S M L

Thank you for supporting the Pocono Mountain East Cross Country team &
Pocono Mountain Regional K-9 Unit!

RACE DATE: June 24th, 2017 @ 9:00am. Registration starts at
8:00 am

PLEASE REGISTER BEFORE MAY 30th, 2017 TO GET YOUR FREE
T-SHIRT!!

Questions: Please contact Nicole Metzger at
nmetzger@pmsd.org, or (570)839-7121 x. 80464



RELEASE OF LIABILITY (Adult)

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation, whether such injuries are the result of negligence on my part or the part of any sponsor, cooperating or coordinating group. I hereby give my permission to the media to use my name and photograph in the newspaper, audio, or video of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Signature _____ Date _____

PARENT / GUARDIAN CONSENT FORM AND LIABILITY WAIVER (Must be completed if under 18)

Participant name: (Print) _____ Birth Date: _____

Sex: _____

Parent/Guardian Name: (Print) _____ Home Phone: _____

I, _____, grant permission for my child, _____, to participate in the *1st Annual Cardinal 5K*. As parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor participant. In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation, whether such injuries are the result of negligence on my part or the part of any sponsor, cooperating or coordinating group. I hereby give my permission to the media to use my name and photograph in the newspaper, audio, or video of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.