

# MASTER THE MOUNTAIN 5K TRAIL RUN

# AUG. 10



**ShawneeMt.com**



**Are you up for a challenge this August? This run features one Big "A" 750' vertical, 4000' long climb. Make it to the top and the view is spectacular! Then follow the winding trail back down the mountain. Come on, it's only 5K! Do you have what it takes to "Master the Mountain?!"**

**WHERE: Shawnee Mountain Ski Area  
401 Hollow Road  
East Stroudsburg, PA 18301**

**WHEN: Saturday, August 10, 2019  
9am Race Start**

Pre-race packet pick up at Shawnee Mountain:

- Friday, August 9 from 2pm to 5pm
- Saturday, August 10 from 7am to 8:30am

- Two water stations on the course
- Post race refreshments

Award Ceremony scheduled for 10:30am.

## EVENT FEE

- \$35 through July 14
- \$40 July 15 through August 7

Field limited to 450 Runners, age 18 and above.

### **ONLINE REGISTRATION REQUIRED!**

No mail-in registration accepted.

For more information, visit [www.ShawneeMt.com](http://www.ShawneeMt.com) or [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

Nominal service fee applies, online registration closes at midnight on Wednesday, August 7.

No computer? Call 570-421-7231 x. 221 about early and day-of event sign up.

This event will benefit the Bushkill Ambulance Corp.

**Event will be timed by Pretzel City Sports.**

## SWAG

Embroidered EVENT RUNNER'S CAP - and Shawnee Goodie Bag to first 300 entries.

Plus, a RUNNER'S RAFFLE with great prizes and giveaways from various Pocono Resorts, attractions, restaurants and events sponsors!



## AWARDS

Event plaques to top Overall and top Master (age 40+) Male and Female Winners

Medals awarded to the 1st, 2nd & 3rd Male & Female finishers in the following age groups:  
18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over. No Duplicate Awards.

**RELEASE OF LIABILITY WAIVER ON REVERSE SIDE OF THIS FLYER MUST BE SIGNED & TURNED IN AT THE PACKET PICK UP AREA TO RECEIVE YOUR RACE NUMBER, EVENT CAP, RAFFLE ENTRY & GOODIE BAG! FORMS WILL BE AT PACKET PICK UP IF YOU FORGET TO BRING WITH YOU.**

# **Shawnee Mountain's Master the Mountain – 5K Trail Run Release of Liability**

## **SKI SHAWNEE, INC. COMPETITION REGISTRATION & RELEASE AGREEMENT EVENT:**

Shawnee Mountain's Master the Mountain – 5K Trail Run, Saturday, August 10, 2019

In consideration of being permitted to use the facilities at Ski Shawnee, Inc. (d/b/a Shawnee Mountain Ski Area), and participate in the competition covered by this registration and agreement, I expressly acknowledge and agree:

1. I am physically fit and possess the physical strength to meet my responsibilities as a trail runner and state that I will not participate in this race while under the influence of drugs or alcohol;
2. I agree to observe, read and abide by any and all signage and directional as posted by the management of Ski Shawnee, Inc. which may pertain to this competition;
3. I know that Trail Running carries the risk of personal injury. Trail Running competition is even more dangerous;
4. Trail Running is a dangerous sport with inherent and other risks. These risks include, but are not limited to variations in steepness and terrain, trail side drop-offs, wet spots, muddy areas, water crossings, rocks, trees, and other forms of forest growth or debris, trail fences and the absence of such fences and other forms of natural or man-made obstacles on and/or off designated trails, as well as collisions with equipment, obstacles or other trail runners. Trail conditions vary constantly because of weather changes and runner use. These are some of the risks of trail running. All of the inherent and other risks of trail running present the risk of serious and/or fatal injury.

**IN CONSIDERATION OF USING SKI SHAWNEE, INC.'S FACILITIES, THE REGISTRANT AGREES TO ACCEPT THE RISKS OF TRAIL RUNNING AND RACING AND AGREES NOT TO SUE SKI SHAWNEE, INC. OR ITS EMPLOYEES OR AGENTS IF HURT WHILE USING THE FACILITIES REGARDLESS OF ANY NEGLIGENCE, RECKLESSNESS OR ANY OTHER IMPROPER CONDUCT OF SKI SHAWNEE, INC. OR ITS EMPLOYEES OR AGENTS.**

I agree that all disputes arising under this contract and/or from my use of the facilities at Shawnee Mountain shall be litigated exclusively in the Court of Common Pleas of Monroe County or in the United States District Court for the Middle District of Pennsylvania.

**5. THE REGISTRANT COVENANTS NOT TO SUE THE OWNER, AND ANY OTHER SPONSORS OR AGENTS, FROM ANY LIABILITY ARISING OUT OF PERSONAL INJURY WHEREIN THE PERSONAL INJURY WAS THE RESULT OF AN ACTIVITY CONDUCTED AS PART OF THE USUAL ACTIVITY OF THE OWNER. THE OWNER ASSUMES NO RESPONSIBILITY FOR ACTIVITIES UNDERTAKEN BY THE REGISTRANT;**

6. I hereby expressly acknowledge my understanding and acceptance of the foregoing and agree to assume the risk of any personal injuries, which I may incur during my use of the Ski Shawnee, Inc. facilities;

7. I agree that I grant permission to Ski Shawnee, Inc. to utilize any photograph, video, tape, motion picture, recording or other record of my use of its facilities for any legitimate purpose.

Print Competitors Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Sex: M or F Age on Race Date: \_\_\_\_\_

Competitors Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_