

LOCATION/REGISTRATION: Starts on the ballfield at Black Rock Retreat (1345 Kirkwood Pike, Quarryville). **5K starts at 8 AM, 10K starts at 8:15 AM and Kids Loop starts at 8:30 AM.**

COURSE: Moderately rugged terrain. The course has areas of single track on naturally rugged terrain with steep climbs and numerous rocky descents. **Be alert for multiple rocks and roots.**

ENTRY: 5K: \$25 if postmarked by 4/16/21. (Afterward, including day of the race, \$35)

10K: \$35 if postmarked by 4/16/21. (Afterward, including day of the race, \$45)

Kid's Loop: Free for 1st - 5th graders, shirt not included (must be accompanied by an adult.)

AMENITIES: Indoor bathrooms and showers, free parking, time clock with instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: 5K & 10K Awards for all male and female overall winners plus 1st, 2nd, and 3rd place in 19 & under, 20-29, 30-39, 40-49, 50-59, and 60+

COMPLETE FORM AND MAIL CHECK PAYABLE TO "Black Rock Retreat" 1345 Kirkwood Pike, Quarryville, PA 17566. RACE DIRECTORS: Beth Harsh and Sara Hilf 717-529-3384 office@brr.org
Or register online at www.brr.org/trailrun

May 15th Timed - Run the Rock 5K and 10K Registration

First Name _____ Last Name _____

Address _____ City _____

State _____ Zip _____ Date of Birth ____ / ____ / ____ Race Day Age: _____

Sex: M F Race (circle one): 5K 10K 5K(walk) Kid's Loop

Phone _____ E-mail _____

Shirt Size (circle one): S M L XL

I have read and agree to the Trail Run Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Black Rock Retreat and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and 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 whatsoever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I also agree to grant to Black Rock Retreat and its authorized representatives permission to record on photography film and/or video, pictures of my participation. I further agree that any or all of the material photographed may be used, in any form, as part of any future publications, brochure, or other printed materials used to promote Black Rock Retreat, and further that such use shall be without payment of fees, royalties, special credit or other compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ____ / ____ / ____

(By parent or guardian if participant is under 18)



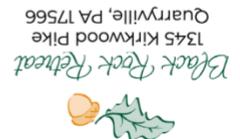
Timed by Pretzel City Sports

Saturday, May 15th
5K - \$25 at 8 AM
10K - \$35 at 8:15 AM
*Prices increase April 16th



1345 Kirkwood Pike
Quarryville, PA 17566

Register before
April 16th to receive
a free t-shirt.



Save
the Date

To see all our upcoming events
visit www.blackrockretreat.com



RUN | WALK | RIDE
FAMILY TRAIL EVENT

June 12th



Bike-a-thon

Sept 10th & 11th



Untimed Run

October 16th