



Annual PAL Running For A Claus 5k



Sunday, December 10th, 2017

- Race Time: 10am start (walk-up registration begins at 9am)
- Location: Crabby Dick's Restaurant, 30 Clinton Street, Delaware City, DE
- Benefits: Police Athletic League of Delaware
- Course: Fast, flat, out-and-back road route measured by Doug White starting/finishing at Crabby Dick's. (course courtesy of Pike Creek Valley Running Club)
- Amenities: Long sleeve t-shirts, post-race award ceremony, and after-party sponsored by Crabby Dick's. Food and refreshments provided (alcohol available to purchase, for participants 21+). Santa will be making an appearance with his bag of gifts!
- Attire: "SANTA RUN" - Participants are encouraged to dress up like Santa or other holiday themed attire!
- Timing: NOVA Timing Systems will use MYLAPS BibTag timing system
- Awards: Overall male and female and masters plus top-3 in 10 year age groups, 13 and under through 70+.
- Entry Fee: \$25 pre-registration until December 1st at noon. \$30 day of the race
- Contact: For more information, contact Race Directors Dave Salter (david.salter@palde.org; 302-239-8857) & Ed Pankowski (ecpankowski@gmail.com)
- Registration: Online at <http://www.races2run.com/events/running-for-a-claus-5k/>
- Mail Entry: Running for a Claus 5k, c/o Races2Run, P.O. Box 24, Montchanin, DE 19710
(Make checks payable to PAL of Delaware)

Please fill in your information, sign, and bring to your local PAL Center or mail to the address above (along with entry fee check).

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Age (day of race) _____ Gender _____

Email Address: _____

Team/Club (if applicable): _____

T-shirt Size: S M L XL

(Please circle one)

Check One: 5k Run 5k Walk

Signature: _____

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries by me at said race. I also consent to any photographs taken at said event by the race organizers or their agents and to emails from our event sponsors.

Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and can delay or inhibit accurate race results. Unregistered runners, running with dogs, strollers, rollerblades, bicycles and the wearing of headphones are prohibited on the race course at any time to ensure runners' safety and to comply with liability insurance standards.

NO REFUNDS—THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY