



Emmaus Run Inn Corned Beef & Cabbage

3.4 Mile Run to Benefit the Angel 34 Foundation

Saturday, March 18, 2017

9:00 AM

Rain or Shine

Race will be run at Camp Olympic 3120 S. Cedar Crest Blvd Emmaus, Pa 18049 there will be refreshment served at the conclusion of the event, including corned beef and cabbage, provided by Wegmans. And, craft beer from Funk Brewing Company. Kick off the spring race season by participating in our St. Patrick's Day themed run. Come in costume if you like. Must be 21 years old to partake in beer sampling.

Entry Fees

\$30.00 pre entry postmarked by March 4th includes Beer Glass and gift bag

\$40.00 From March 5th to race day Beer Glass & gift bag not guaranteed

On line registration at Brynmawrracing.com In person or by mail at

Emmaus Run Inn 322 Main St. Emmaus PA 18049

Checks made payable to: Angel34 Foundation

Packet pick up at the Emmaus Run Inn on **Friday March 17th 3:00 to 7:00 PM** and Race Day prior to the event

Race Day sign up begins at 7:00 am. At Camp Olympic Park

Running Awards

Top 3 overall male and female will split 10% of the overall cash proceeds (NCAA and PIAA athletes will receive gift cards in lieu of cash prizes).

Awards to top three in each age category male & female

14and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Please enter me in the Corned Beef and Cabbage 3.4 mile Run on March 18, 2017. In consideration of this entry being accepted, I the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the organizations holding this event, its agents, representatives, sponsors, officials, volunteers, and beneficiaries of this race of any and all injuries suffered by me in said event. I attest and verify that I am in excellent physical health and have sufficiently trained for this event. I assume all risks associated with running this event including, but not limited to falls, contact with other runners, and the effects of the weather (including cold, heat or high humidity), traffic and the condition of the road and the race path, all such risks known and appreciated by me. A parent or guardian must sign this form if applicant is under 18.

Information available at: **cascolry@aol.com**

Name _____ Age _____ Male _____ Female _____

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail Address _____

Signature _____