



## Gretna Gritty (5k) and Nitty Gritty (1 mi) Mud Run Registration Form

Quick, Easy Online Registration available at [runsignup.com/gretnagritty](http://runsignup.com/gretnagritty)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

T-Shirt Size: **Children** ☐ S ☐ M ☐ L or **Adult** ☐ S ☐ M ☐ L ☐ XL ☐ XXL Preferred Start Time: AM ☐ PM ☐

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone#: \_\_\_\_\_

☐ **Gretna Gritty (Individual)** – ☐ Competitive ☐ Non Competitive – All entrants must be 12 years of age or older.

\*Please mark competitive if you wish to compete/ be professionally timed

☐ **Gretna Gritty (Team)** – ☐ Competitive ☐ Non Competitive – All teammates must fill out a separate registration form. All entrants must be 12 years of age or older. Competitive Teams may have four contestants only – no more – no less. If you would like to register two teams, that is also an option. If a teammate drops out and is not replaced, then yours will be considered an individual registration.

Teammates: \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_

Gretna Gritty Registration Costs	Competitive- Professional Timed	Non-Competitive-Self Timed & Walk-A-Thon
Register by 2-13	\$60.00	\$50.00
Feb. 14 <sup>th</sup> – April 13 <sup>th</sup>	\$65.00	\$55.00
April 14 <sup>th</sup> – 25 <sup>th</sup>	\$75.00	\$65.00
April 26 <sup>th</sup> – May 13 <sup>th</sup> (*No T)	\$85.00	\$75.00

☐ **Nitty Gritty** – This \$25 (before 4-26 - \$30 4-6 and after) kids run is for kids 5-11 yrs. old. (1 mile, supervised)

**This is a fundraising event.** All entrants are encouraged to use sponsor assistance. You will pay your minimum registration cost outright, with a goal of raising at least \$250 per entrant. This means that an individual CAN race if they only raise their fee, but we ask each runner to try and raise whatever money they can. Talk to your family, friends, neighbors, and your church family. Let's make this an event to remember! Make sure you grab or download a sponsorship tracking chart from [www.gretnaglen.org/gritty](http://www.gretnaglen.org/gritty), or from the camp office. Once registered you will receive an e-mail giving you the option to raise money online through [www.runsignup.com](http://www.runsignup.com). For pricing information please visit [www.gretnaglen.org/gritty](http://www.gretnaglen.org/gritty) or call the camp office at 717-273-6525.

### Release of Liability

I understand that parts of the "Gretna Gritty Mud Run and Walk-A-Thon" may be physically or emotionally demanding and that I will assume personal responsibility for my level of participation/engagement. I affirm that I am not under a physician's care for any undisclosed condition that might endanger my health or that of other participants. I recognize the inherent risk or injury that could result from any of these activities. I release Gretna Glen Camp & Retreat Center, its staff members, and facilitators from all liabilities, claims, suits and actions that may arise from any of these activities. Further, I give permission for my likeness to be used in promotional material by Gretna Glen Camp & Retreat Center, the United Methodist Church, and its affiliates.

Date \_\_\_\_\_ Participant's Signature \_\_\_\_\_

**Parent/Guardian's Signature if under the age of 18** \_\_\_\_\_

Please complete this form and send with payment to:

Gretna Glen Camp & Retreat Center ATTN: Gritty, 87 Old Mine Rd, Lebanon PA, 17042

Gretna Glen Camp and Retreat Center is owned and operated by the Eastern Pennsylvania Conference of the United Methodist Church