



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

Quick, Easy Online Registration available at 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: _____

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
Nov. 7 th – Feb. 10 th	\$60.00	\$50.00
Feb. 11 th – April 14 th	\$65.00	\$55.00
April 15 th - 28 th	\$75.00	\$65.00
April 29 th - May 13 th (No t-shirt)	\$85.00	\$75.00

Nitty Gritty – This \$25 kids run is for kids 5-11 yrs. old. (1 mile, supervised) cost is \$30 after April 28th

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, 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. For pricing information please visit 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" 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