



**Prancing For Pets
5k Run and a 2 Mile Walk
December 7
5k begins at 9:00 am
2 mile walk starts at 9:05 am**

Race location: Rails to Trails Flowing Spring Station

Awards: Certificates for top two in age group for 5k only and prizes for first overall male and female runner in 5k and 2mile walk

Entry cost: \$15 (Race shirts will be provided for runners registered by 11/23/2019)

Make checks payable to: Central PA Humane Society

Other Information: Bib pickup and walk in registration will begin at 8:15AM and end at 8:45AM on the day of the race

Directions :use Frankstown Road and US-22 E to get to Flowing Spring Station. Turn right onto Flowing Spring Road. Cross the bridge, then follow the road back a short distance. A sign will direct you to the left back a gravel road to the parking area.

Contact Information: 4kyleemwisor@gmail.com or emily.rentz36@gmail.com

**PRANCING FOR PETS ENTRY FORM
PRINT OUT FORM AND MAIL WITH REGISTRATION FEE to:
1105 N 2nd St., Altoona 16601**

Name _____

Address _____

Age _____ Gender _____ Phone _____ Email _____

Emergency Contact Name _____ Phone _____

T-Shirt Size(circle one) SM M L XL

5k or 2 mile walk _____

WAVIER (MUST BE SIGNED IN ORDER TO RACE)

In consideration of the entry being approved, I hereby, for myself, my heirs, executors, and administrators, release any and all rights to file any claim or judgements for damages I may have against Rails to Trails of Central Pennsylvania, Inc., Humane Society Inc, and any individual holding this event, their employees, agents, representatives, successors, and assignees, for any and all injuries suffered by me at this event, occurring as a result of participation in this event and I accept full responsibility for the care and safety of valuables in my possession. Further, I certify that I am physically fit to participate in this event because I have adequately trained to participate in this race and I know and I understand the dangers inherent in long distance running. I have read, understood, and agreed with the conditions set forth in this waiver.

PLEASE SIGN HERE _____ DATE _____

