

ERC VALENTINE PREDICTION RUN & WALK

Sunday, February 12, 2023 10 A.M. Rotary Pavilion, Presque Isle State Park, Erie, PA

COURSE: The course will be at least four miles but no more than six miles.

PREMIUM: A short-sleeved shirt in your choice of gold or sport scarlet red.

Shirts will be guaranteed to runners & walkers who register by the deadline, which is Friday, February 3rd, 2023. There may or may not be a limited number of shirts available on race day. We will re-order if necessary, but you are urged to pre-register to guarantee your shirt on day of race. **Again, DEADLINE for pre-registration is Friday, February 3, 2023.**

Day-of-race registration and packet pickup will take place beginning at 8:30 a.m. in the Rotary Pavilion.

You may also register on-line at BigWhiteTrailer.com/register

AWARDS: This is a time-prediction run. You will be asked to predict your pace-per-mile, running or walking, based on the road and weather conditions that morning, and we will calculate your predicted finishing time. Those participants closest to their predicted pace will receive their choice from a **delicious selection of chocolate and candy awards.** **You must be present when the awards are announced to choose your own award!** Walkers are welcome. For the sake of fairness, you are asked to refrain from wearing watches or other timing and pacing devices.

NOTE: The race will take place as scheduled regardless of the weather, with one exception: the race may be postponed or cancelled altogether if Presque Isle State Park is closed by park authorities for any reason. Since this is always a possibility in the winter, call 814-460-9930 or check the ERC website's Twitter feed the morning of the race if you have any doubt about the race being held.

POST-RACE REFRESHMENTS:

There will be refreshments available following the race in the Rotary Pavilion.

SPONSORS: SILKSCREEN UNLIMITED and the Erie Runners Club

For Information: Contact Dan Albaugh by phone at 814-460-9930 or by e-mail at dan.a@erierunners.club
Additional copies of the race application may be downloaded from the ERC website at www.erierunners.club

Please fill in all information, detach, and mail to: **Dan Albaugh, 2374 Lake Street, Lake City, PA 16423**

PLEASE PRINT

_____ \$18 - ERC member, Race w/ shirt, postmarked no later than 2/3/23

_____ \$20 - Non-member, Race w/ shirt, postmarked no later than 2/3/23

_____ \$25 - Day-of-race

Size (circle one)

S M L XL 2XL

Color (circle one)

RED GOLD

NAME _____

Phone: _____

ADDRESS _____

CITY/STATE/ZIP _____

E-mail address _____

DATE OF BIRTH: ____/____/____ AGE: _____ GENDER: M F
mm dd yy

MAKE CHECKS PAYABLE TO: Erie Runners Club

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE _____

DATE _____

Parent/guardian must sign if entrant is under age 18

My predicted pace-per-mile is: _____ minutes, _____ seconds.