

# ERC VALENTINE PREDICTION RUN & WALK

Sunday, February 9, 2020 10 A.M. Shelter #2, Presque Isle State Park, Erie, PA

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

**PREMIUM:** A gold or royal blue performance (wicking) quarter-zip pullover long-sleeved shirt is a menu item. The shirt is available in men's and ladies' sizes.

Shirts will be guaranteed to pre-registered runners & walkers who order by the deadline, which is Friday, January 31<sup>st</sup>, 2020. There will 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, January 31, 2020.**

Day-of-race registration and packet pickup will take place beginning at 8:30 a.m. in Shelter #2. Shelter #2 is the middle building of the three which face the westernmost pond (west of the Rotary Pavilion).

You may also register on-line at [BigWhiteTrailer.com/register](http://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 Shelter #2.

## SPONSORS: SILKSCREEN UNLIMITED and the Erie Runners Club

**For Information:** Contact Dan Albaugh by phone at 814-774-3209 or by e-mail at [dan.a@erierunners.club](mailto:dan.a@erierunners.club)  
Additional copies of the race application may be downloaded from the ERC website at [www.erierunners.club](http://www.erierunners.club)

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

### PLEASE PRINT

- \_\_\_\_\_ \$12 - ERC member, Race only, no shirt, postmarked no later than 1/31/20
- \_\_\_\_\_ \$14 - Non-member, Race only, no shirt, postmarked no later than 1/31/20
- \_\_\_\_\_ \$32 - ERC member, Race and shirt, postmarked no later than 1/31/20
- \_\_\_\_\_ \$34 - Non-member, Race and shirt, postmarked no later than 1/31/20
- \_\_\_\_\_ \$15 - after 1/31/20 or on day-of-race, NO shirt
- \_\_\_\_\_ \$35 - after 1/31/20 or on day-of-race, with shirt

Size (circle one)	
Men	S M L XL 2XL
Ladies	S M L XL 2XL
Color	Gold Royal Blue
add \$2 for size 2XL	

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.**