

Yellow Ribbon GLOW RUN 5K

Must read ALL rules before filling out the form

PCHS Yellow Ribbon Task Force is happy to present the GLOW RUN 5K! All proceeds will go to Yellow Ribbon for suicide prevention strategies. Join us for a night of fun and glowing with family and friends. This is an event for all age levels. You will be given glow items and are welcome to bring your own glow apparel to add to the event. This event will not be timed. Participants are welcome to run or walk the course. Water stations will be set up throughout the course. Vendors and other activities will be available before and during the race!

5K Race: The course will be for people of all ages. The course will begin at the Potter County Human Services and travel through the paved roads of Roulette. All participants are provided with a t-shirt, bracelet, glow sticks and water bottle.

Fun Run: This race is made for the children ages 10 and under to enjoy. This course will be a short distance for children to participate. All participants will be given a t-shirt, bracelet, glow sticks, and water bottle.

When: Saturday, August 14 * Check-in/ Last minute registration begins at 5:30pm

Where: Roulette, Pa at the Potter County Human Services

Entry Fee: \$15 Fun Run * Ages 10 and under

\$25 pre-registration / \$30 day of race * Checks, Cash, or

Venmo (@PCHS-YellowRibbon)

Please make all checks and money orders payable to **“PCHS Yellow Ribbon.”**

Pre-Registration

If you would like a Glow Run T-shirt you will need to have your form turned in by August 7th.

Any forms turned in after that date will be added to the day of registration folder.

All participants are required to fill out a registration form and waiver.

Forms may be mailed in to the office with appropriate payment. Forms may also be sent to the email found below. After your form and payment have been reviewed, a confirmation will be sent to your email. People pay also register online.

If you have any questions or concerns, please reach out to the contact below.

PCHS Yellow Ribbon

62 North St.

or

kperkins@pottercountyhumansvcs.org

PO Box 241

814-544-7315

Roulette, PA 16746

Registration forms may also be filled out online. Payment and waiver will still be due upon arrival. Link to registration form is found below.

https://docs.google.com/forms/d/e/1FAIpQLSeqIEUagmK1MUdnAKp1K6RSIUUV0Ec3Ch1SLrK_w91yu8OiGAw/viewform?usp=sf_link

All participants are to check-in at the table before the race begins. Applicants will receive their race day packages at the table.

Day of Registration

You can sign up the day of the race at the table found in front of the Potter County Human Services Building from 5:30pm-7:00pm.

You will not be guaranteed a shirt if you register the day of the race

Anyone under the age of 18 must have a parent or legal guardians' signature

Race

Race day packages will be handed out the day of the race at the table in front of the building from 5:30pm -7:00pm

Packages will include a t-shirt, glow sticks, a water bottle, and a bracelet

A limited number of shirts will be available for day of registrations

Running the Race

Anyone under the age of 12 must be accompanied by an adult

Staff will be set up throughout the course to guide the way

Water stations will be set up along the course

Questions? Contact Kiara Perkins @ kperkins@pottercountyhumansvc.org or 814-544-7315



Potter County Yellow Ribbon GLOW RUN 5K

www.pottercountyhumansvcs.org



When: Saturday, August 14, 2021
Where: Roulette, PA * Meet in front of the Potter County Human Services Building
Entry Fee: \$15 Fun Run * Ages 10 and under
\$25 pre-registration / \$30 day of race * Checks, Cash, or Venmo (@PCHS-YellowRibbon)
Please make all checks and money orders payable to “**PCHS Yellow Ribbon.**”

Please print legibly and complete the entire form. All Participants are required to complete a registration form and waiver. More than one entry may be mailed together with the appropriate fees.

Name: _____

Age: _____ Male Female

Adult T-shirt Size: XS S M L XL XXL XXXL

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

Mail Registration Forms to:
PCHS Yellow Ribbon
62 North Street
PO Box 241
Roulette, PA 16746

Questions? Email kperkins@pottercountyhumansvcs.org or call Kiara @ 814-544-7315

GLOW RUN WAIVER

I am participating in "GLOW RUN 5K" at my own risk and waive all claims of every nature against the organizers, officials, sponsors and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules, which govern road racing and will follow all pedestrian laws. I also understand that the registration fee is non-refundable.

I, the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing it and I sign It voluntarily.

Signature: _____ Date: _____

If participant is under the age of 18: This is to certify that my son/daughter has my permission to run in the "GLOW RUN 5K," is in good physical condition and that the race officials have my permission to authorize emergency medical treatment if necessary.

Parent's Signature (for those under 18): _____ Date: _____