

RUN TO REMEMBER

5K Run & Walk in memory of Kara Cook
MARCH 28, 2026 • LAKE CAREY, TUNKHANNOCK

COURSE: 5k Run and Walk follows a mostly flat course. around Lake Carey. Small hill at mile 2.5.

FEES: \$25 registration fee. First 100 entrants receive t-shirt.

PRE-REGISTRATION: return this form by March 20

Checks payable to: **Allied Services Foundation.**

REGISTRATION: Race day registration at 8:00 a.m.

AWARDS: presented to 1st Overall Male and Female Runners, and 1st Overall Male and Female Walkers.

Age group awards presented to 1st, 2nd and 3rd in age groups: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59 and 60 and over.

Awards ceremony at 11:00 a.m.

Return by March 20th to: **Allied Services Foundation, 100 Abington Executive Park, Clarks Summit, PA 18411.**

Name: _____

Age: _____

Circle One: RUN WALK

Circle One: Male Female

Address: _____

Shirt size _____ (only for 100 entrants)

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

RACE PARTICIPANT WAIVER: READ BEFORE SIGNING

In consideration of being allowed to participate in any way in Allied Services Integrated Health System "Run to Remember" on Saturday, March 28th, 2026, I, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this event is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Allied Services, the Lake Carey Volunteer Fire Company, Scranton Running Company, SRC Race Management, and their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

(Participant's Signature) _____

DATE SIGNED: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

(Parent/Guardian Signature)

DATE SIGNED: _____

Emergency Phone Number: (_____) _____