

RACE PARTICIPATION AGREEMENT

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event.

I am a voluntary participant in this event and in good physical condition. I know this night time event is a potentially hazardous activity, and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event. I hereby release and hold harmless and covenant not to file suit against PAL WOW Family Fun Festival, event organizers and sponsors, and property of the course for any loss, liability or claims I may have arising out of my participation in this event. This includes personal damage suffered by me or others, whether same be caused by falls, contacts with participants, conditions of course, negligence of the releases, or otherwise. If I do not follow the rules of this event, I understand that I may be removed from the competition.

I give my full permission to the PAL WOW Family Fun Festival to use any photographs, videotapes, or other recording of me that are made during the course of this event.

Signature Date

Signature of Legal Guardian if participant is under 18

OUR SPONSORS



9TH ANNUAL

PAL WOW

GLOW RUN (4 mi.)
NEW GLOW RUN (1.2 mi.)
and FUN WALK (1.3 mi.)



FRIDAY, SEPTEMBER 22ND, 2023
STARTS AT 8:30 PM

BUFFALO TRACE PARK
PALMYRA, IN

Online Registration:
GetMeRegistered.com/PalWow

HOT AIR BALLOON RIDE!



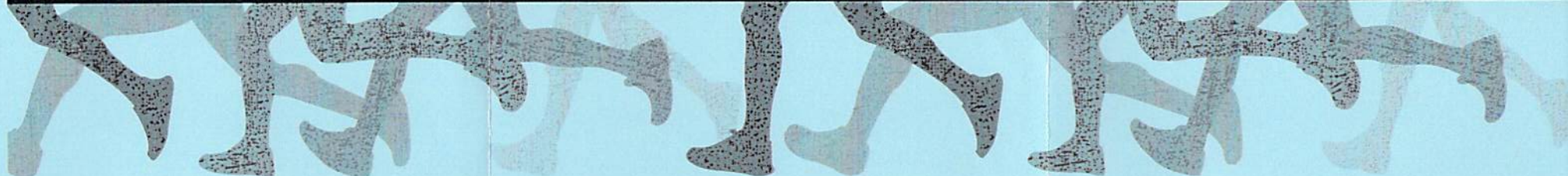
Online Registration:
GetMeRegistered.com/PalWow

Additional registration forms available at
Buffalo Trace Toll House and online at:

www.PalWowFunFest.com • www.harrisoncoparks.com
www.pacersandracer.com • www.nhcs.k12.in.us

THE REMAINDERS

playing before, during and
after race!



LOCATION and RACE TIME

Buffalo Trace Park
Palmyra, Indiana
8:30 p.m.

REGISTRATION, STARTING TIMES & FEES

Race Day - 7:00 p.m. 8:15 p.m.
4 Mile Race/ Fun Walk 8:30 p.m.
1.2 Mile Race 8:30 p.m.
Glow Run Awards Program/Door Prizes 9:30 p.m.

**4 Mile Glow Run and/or Fun Walk
1.2 Mile Race**

\$25.00 before September 7, 2023
\$30.00 after September 6, 2023

For those under 15 years of age

\$20.00 before September 7, 2023
\$25.00 after September 6, 2023

THE COURSE

The 4 Mile Glow Run Race is run over a flat course. It winds through Buffalo Trace Park, following the park's walking/jogging trail three times around the beautiful 30 acre lake. Walkers will only go around the lake trail once. **NEW this year, the 1.2 Mile Run** will be finished just before completion of 1 lap.

RACE SERVICES

- First 200 PRE-REGISTERED participants will receive a commemorative glow-in-the-dark coin.
- Each participant will receive a Blinking Bracelet to wear during the race to help light up the lake and their course.
- Water station at end of the course.

REGISTRATION DETAILS

All pre-registered participants (before September 7th) will receive a t-shirt to be picked up prior to the event at the race finish line area on September 22nd. Participants who register AFTER September 6th, or on Race Day, will not be guaranteed a shirt.



AGE GROUPS (MALE & FEMALE) and AWARDS

4 Mile Glow Run Awards

| | | | |
|----------|-------|-------|-----|
| Under 10 | 15-24 | 35-44 | 55+ |
| 10-14 | 25-34 | 45-54 | |

Overall male and female winners will receive a plaque and a \$50 gift certificate to Pacers and Racers, but are not eligible for the age group awards. Plaques also will be presented to the top male and female winners of each respective age group.

1.2 Mile Glow Run Awards

| | | |
|---------|-------|-------|
| Under 8 | 11-15 | 25-59 |
| 8-10 | 16-24 | 60+ |

Winners of the above age groups in the 1.2 mile race will receive a plaque. Door prizes sponsored by Pacers & Racers, Cave Country Canoes, Harrison County YMCA, and Preferred Popcorn.

RACE PROCEEDS & RACE INFORMATION

All proceeds go to the PAL WOW Family Fun Festival and the North Harrison high school, middle school cross country teams, and high school track teams.

Make checks payable to: PAL WOW Family Fun Festival

Mail entry forms to: Kelly Cooper
1722 Parkwood Ct. NE
Palmyra, IN 47164

For additional race information, please contact:

Kelly Cooper
812-972-0700
kcooper@nhcs.k12.in.us

Pacers & Racers Walking & Running Store
3602 Northgate Cr., Ste. 19
New Albany, IN 47150
(812)948-7865
www.pacersandracer.com



REGISTRATION

Online Registration:
GetMeRegistered.com/PalWow

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Age (on race day) _____ Gender _____

Email _____

•Please Sign Waiver on Back•

PAYMENT

- | | |
|-----------------|---|
| | <input type="checkbox"/> Before September 7th - \$25.00 |
| | <input type="checkbox"/> After September 6th - \$30.00 |
| <i>under 15</i> | <input type="checkbox"/> Before September 7th - \$20.00 |
| <i>under 15</i> | <input type="checkbox"/> After September 6th - \$25.00 |

EVENT

You will not be able to choose a different race on race night than what you mark on here.

- | | |
|--------------------------|-------------------------|
| <input type="checkbox"/> | 1.3 Mile Fun Walk |
| <input type="checkbox"/> | 4 Mile Glow Run |
| <input type="checkbox"/> | NEW 1.2 Mile Run |

SHIRT SIZE

PLEASE MARK BELOW

- | | |
|--------------------------|----------------------|
| <input type="checkbox"/> | Youth Small (6-8) |
| <input type="checkbox"/> | Youth Medium (10-12) |
| <input type="checkbox"/> | Youth Large (14-16) |
| <input type="checkbox"/> | Adult Small |
| <input type="checkbox"/> | Adult Medium |
| <input type="checkbox"/> | Adult Large |
| <input type="checkbox"/> | Adult XL |
| <input type="checkbox"/> | Adult 2XL |

