



# The Institute's 5K Run Waynesboro Pennsylvania

## MONDAY, JULY 4, 2022

### 7:15 AM Start Time

### Joining us is easy— REGISTER IN 3 EASY STEPS!

- Step 1: Register for Team Salamander with The Institute, using this form.
  - Step 2: Receive a Special Code from the Institute.
  - Step 3: Use the Special Code to Register ONLINE for the Firecracker 5K—FREE!
- Team Salamander will run in and follow guidelines of the FIRECRACKER 5K.

**All Fired Up About the 15th Salamander Scramble!!**

*It's our 15th Anniversary!*  
**Start July off with a BANG!**  
Join Team Salamander and walk, run—or scramble—to support The Institute!



## • Participant Pre-Registration Form •

**Register NOW & get your fundraising materials.**

**REGISTRATION DEADLINE & ALL FEES DUE: Friday, July 1, 2022**

Please indicate which race you are participating in:

5K \_\_\_\_\_

1-Mile Fun Run \_\_\_\_\_

BIB# \_\_\_\_\_

(Assigned on Race Day)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Gender M/F: \_\_\_\_\_ Age on race day \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

### **NO FEE to register! Sign up now, fee/pledge commitment due July 1!**

**Entry fee/fundraising commitment:**

Adult (18+) \_\_\_\_\_ \$100

Child (17-) \_\_\_\_\_ 50

Family with Children \_\_\_\_\_ 200

**Don't forget to order your shirt(s):**

*Firecracker 5K shirts may be purchased directly during your online registration.*

**Team Salamander shirt included in race fee.**

Team Salamander Eco-Performance T-Shirt (adults):

S  M  L  XL  XXL

Gender: M or F  
Please circle one for shirt choice

Order Salamander Shirts for  
**NEW TEAM MEMBERS ONLY Please!**

Scramblers are asked to  
"recycle" last year's team jersey!

*Note:*

*Women's shirts run small.*

**RELEASE & CONSENT:**

In consideration of the acceptance of this registration, I for myself and/or for my child, our executors, administrators and assignees do hereby forever release and discharge all organizers of this activity, along with The Institute, the Borough of Waynesboro, and Washington Township of any and all claims, damages and/or actions whatsoever in any manner arising out of my/my child's participation in said athletic event or in pre-event training activities. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. I understand that the entry fee is non-refundable and non-transferable. I further hereby grant full permission to use my and/or my child's name, photograph, videotape, recording or other record of this event for any legitimate purpose without compensation or remuneration.

Signature: \_\_\_\_\_

(Registrant or Parent/Guardian if participant is under the age of 18)

**Remember you must also register ONLINE for the Firecracker 5K! FREE registration! We provide Special CODE & info!**



The Institute is a non-profit educational organization providing environmental & cultural education programs to area children in the greater Waynesboro area. The institute also sponsors adult & teen educational programs, workshops, lectures, research opportunities, and a variety of community events.

**REGISTRATION DEADLINE TO JOIN THE SALAMANDER SCRAMBLE TEAM IS FRIDAY, JULY 1, 2022!**

MAKE CHECKS PAYABLE TO "THE INSTITUTE" AND RETURN REGISTRATION FORM TO:

The Institute

P.O. Box 971, Waynesboro, PA 17268

[www.NatureAndCultureInstitute.org](http://www.NatureAndCultureInstitute.org)

**Run, Walk—or Scramble!—  
for The Institute**