40th Annual

Runner's Den Pancake Run

10K Run, 5K Run/Walk, *"Double Stack"*

10K & 5K, Run Both for Combined Time

Associate Sponsor BROOKS

Presented by IHOP

Paradise Valley Mall Diaper Derby

Sunday, February 4, 2018

www.runnersdenpancakerun.com

Forty years running! Enjoy our rich history by joining us for one of the oldest and most popular events on the Valley fitness calendar! Originally staged in 1979 to showcase the talents of marathon legend Bill Rodgers and the opening of Paradise Valley Mall, the event remains a Valley classic. Again, IHOP has joined us to present our race theme, **"Pace, Love and Pancakes"**. The race will maintain all of its traditional Ingredients making it the perfect event to run a PR just prior to enjoying some the best pancakes on Earth.

The event is limited to the first 2000 entrants. As it filled early in 2017, enter today!

DATE	February 4, 2018	
TIME	10K Run	7:30 am
	PVM Diaper Derby	8:45 am
	5K Run/5K Walk	9:00am

LOCATION

Paradise Valley Mall, 4568 E. Cactus Road (Cactus & Tatum) The staging area is located on the northeast side of the mall adjacent to Dillard's.

REGISTRATION

Register online at www.runnersdenpancakerun.com, or go to **GetSetAZ.com** to register online or download additional printable applications.

EVENT HIGHLIGHTS

- 40th year Commemorative Medal to all 5K, 10K and Double Stack finishers
- REALLY BIG RAFFLE! Last year, 300+ prizes were presented
- High Quality Brooks technical shirt in women's and men's sizing
- Certificate for complimentary Pancake Breakfast at area IHOPs
- Realtime Text Splits delivered to mobile devices of your fans
- Complimentary post race Pancake Breakfast courtesy of **IHOP**

PARADISE VALLEY MALL DIAPER DERBY

Open to kids 36 months and younger, the *Paradise Valley Mall Diaper Derby* is back in 2018. This 50 yard dash is the photo opportunity of the year. Crawling, baby walkers and parental encouragement are welcomed and encouraged. Certificate of participation, post race pancakes, raffle entry and a coupon for a short stack of pancakes at IHOP to all entrants. Registration is limited to the first 150 entrants and will be available through ***Online Registration*** only at: www.runnersdenpancakerun.com

Entry fee: $5.00

10K/5K RUN AGE DIVISIONS, DOUBLE STACK AWARDS

Special awards to the top M/F winners of the 10K/5K Run & Double Stack. Top three finishers in 5 year age groups; 11 & under thru 75 & over in the 10K/5K Run will receive awards. 5K Walk is chip timed but is non-competitive.

Double Stack will present awards to the top three finishers (combined times of the 5K and 10K) in the following male/female age divisions: 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+. *Double Stack entrants are eligible for age groups awards in the Double Stack and the 5K and 10K races in addition to the over-all Champion Awards in the 5K and 10K.*

INSTANT REGISTRATION

Register online at www.runnersdenpancakerun.com. Online registration closes Thursday, February 1 at 12 noon or when race has reached its limit.

PROCEEDS TO BENEFIT: Girls on the Run of Maricopa and Pinal Counties. Girls on the Run is an after school program for girls in grades 3-8. The program is designed to increase physical activity and emotional health by providing girls with the tools to make healthy decisions and form healthy self-images. The program combines training for a 5k with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental and physical development.

FOR INFORMATION: visit ***www.runnersdenpancakerun.run***

ENTRY FEE

10K / 5K: $40 thru 1/1/18, then $45 until race is filled, Double Stack (10K & 5K) add $12 to prevailing fee.

As the race is expected to again fill, there is be no race day registration.

Event Founder and Director: Rob Wallack

Director of Operations: Chris Giles

Postmark entries no later than 1/15/18 to: Runner's Den Pancake Run, 6505 N. 16th St., Phoenix, AZ 85016

☐ **10K Run** ☐ **5K Run** ☐ **5K Walk/Strollers** Timed/non-competitive ☐ **Double Stack,** (10K/5K combined time)

LAST NAME FIRST NAME

CITY STATE

DISCOUNT CODES ARE NOT VALID WITH MAIL-IN ENTRIES. Entries with incorrect fees will be returned.

E-MAIL ADDRESS

PHONE AGE SEX (M F) BIRTH DATE WOMEN'S SHIRT SIZE (S M L XL) MEN'S SHIRT SIZE (S M L XL XX)

10K / 5K: $40 thru Jan.8, then $45 until race is filled Double Stack (10K & 5K) Add $12 to prevailing fee.

$ ___ .00 Entry Fee

$ 5 .00 Optional $5 Donation to Girls on the Run

CHECKS PAYABLE TO: Runner's Den Pancake Run

$ ___ .00 Total Enclosed

Discount Codes are not valid with mail-in entries

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of the Runner's Den Classic Road Race (including the respective affiliates, employees, agents, officers, directors and shareholders of such officials and sponsors), Raceplace Event Systems,The Runner's Den, Paradise Valley Mall, USAT&F, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries or illness suffered in connection with said event. I certify that I am in good physical condition and capable of participating in this event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. **This entry is invalid unless signed by participant.** If entrant is under age 18, parent or legal guardian must sign below. Sanctioned by the AZ Association of USAT&F

Entrant's Signature (or parent if under 18) **Date**