

Waiver & Release

In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns: a) I agree to abide by the event instructors, including medical controls, b) I waive, release and discharge from any and all claims or liabilities for death, personal injury, property damages of any kind, which may arise out of or relate to my participation in or my traveling to and from this event. I agree that I will not sue or otherwise hold responsible, the Flourtown Erdenheim Enhancement Association of Springfield Township or any other sponsors of the race or any of the above mentioned officers or employees for any personal injury or damage that may happen to me.

Directions to the Race

From the PA Turnpike:

Take exit for Fort Washington to Route 309 South, Take 309 South to Paper Mill Road/Chestnut Hill College exit. At the bottom of the ramp turn right onto Paper Mill Road, at the 3rd light turn right onto Montgomery Ave. Follow signs to parking

From Route 1:

Take Route 76 West to Belmont Ave/Green Lane exit. Turn right onto Green Lane and follow 1 mile up hill to Ridge Ave. Turn left onto Ridge and continue for a couple of miles to Bells Mill Road. (There is a TEXACO on the corner) Turn right onto Bells Mill and proceed until it dead ends on Stenton Ave. Turn right onto Stenton then bear left onto Paper Mill Road, take Paper Mill Road down the hill and make a left onto Montgomery Ave. Follow signs to parking

From I-95 North and South:

Take 676 (Center City) Exit to 76 West. Follow directions from Route 1 listed above

From I-476 (Blue Route):

Take I-476 North to Exit for Plymouth Meeting, Germantown Pike East/Route 422, towards Philadelphia and continue on Germantown Pike approx. 3.5 miles and turn left onto Northwestern Ave and proceed to Stenton Ave. Turn right onto Stenton. Continue past Bells Mills Road and bear left onto Paper Mill Road. Take Paper Mill Road down the hill and make left onto Montgomery Ave. Follow signs to parking

For more information contact:
Kerry Boccella
info@erdenheimcivic.org

19th Springfield Township 5K Run and 1 mile Fun Run/Walk

Benefiting the Erdenheim Civic Association



Sunday
September 7, 2014
9:00 AM
Cisco Park
Erdenheim, PA

online registration and course map available:
www.erdenheimcivic.org

Awards
\$100.00 Cash Prize
For Men's and Women's Overall

\$50.00 Cash Prize
For Men's and Women's Masters

Course Records

Men's: Bill Frawley '97 (15:12)
Women's: Nikki Kimball '97 (19:18)

Award Divisions:

1st Male and Female overall
12 and under
13-19
20-29
30-39
40-49
50-59
60 +

Amenities:

USATF certified 5K course
t-shirts, awards,
refreshments, digitally-timed results,
water stations

Pace Walkers:

Faster walkers are welcome
to participate in the 5K

Race results will be posted within 24 hours at
www.pretzelcitysports.com

The 5K race will begin and end at Cisco Park in Erdenheim, PA. The park is on Montgomery Avenue between Paper Mill Road and Bethlehem Pike. Erdenheim is between Chestnut Hill in Philadelphia and Flourtown/Fort Washington. The race will start at the park and wind through residential Erdenheim before finishing back at the park. This is a USATF certified 5K course.

The 1 Mile Fun Run/Walk will begin a few minutes after the 5K and will follow the same course with a turn around at the 1/2 mile mark. This is an untimed event. Registrants will receive a t-shirt.

Date:
Sunday, September 7, 2014

Time:
9:00am
Registration opens at 8:00am

5K Fee-\$25.00*

1 Mile Fun Run/Walk Fee - \$25*
\$15* for kids 10 and under
(T-shirts guaranteed if registration is received by August 18. After 8/18 shirts will be available while supplies last.)

*rate will increase by \$5 for race day registration

Proceeds will benefit
Erdenheim Civic Association

Entry Form

(Please print)

Name: _____

Street: _____

City,State, Zip: _____

Phone: _____

Email: _____

Age on race day: _____

Sex: M F

Event:

5K 1 Mile Fun Run/Walk

Shirt Size: (circle 1)

Small Medium Large
X-Large XX-Large Youth Small
Youth Medium Youth Large

Make checks payable to:

Springfield Township Community Day/FEEA

Mail your entry to:

ECA

c/o Kerry Boccella

907 Harston Lane

Erdenheim, PA 19038

I have read and agree to the waiver on the opposite side of this form.

Signature _____

Date _____

online registration available www.erdenheimcivic.org