

September 17, 2016 9 AM

Meals on Wheels Outrunning Senior Hunger 5K Run / 3K Walk



Montgomery County Community College, Blue Bell, PA

Montco SAAC Meals on Wheels - Benefitting the Ambler, Eastern Montgomery County, & Norristown regions
Help feed Seniors in our communities who may go hungry without your help.

- 8:00 AM Registration Opens
- 9:00 AM 5K Run Starts
- 9:10 AM 3K Walkers Starts
- 10:00 AM Awards

Light refreshments will be available. Leashed canines welcome.
Timing and race consulting provided by **Pretzel City Sports**.

AWARDS & RECOGNITION:

- Top 3 overall Male and Female winners
- Top Male and Female finishers: 0-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
- Awards and shirts will be distributed at the event only, and will not be mailed.
- Event held rain or shine, no refunds.

TO REGISTER:

- **Online registration:** www.montcosaac.com/events or www.pretzelcitysports.com (Nominal service fee applies. Closes at 12:00 AM, Wednesday, September 14th, 2016)
- **Paper Registration:** Send check & below form to
Montco SAAC 45 Forest Avenue Ambler, PA 19002
(Make check payable to **MONTCO SAAC**)

Early Registration Deadline:

Friday, August 26, 2016:

- \$25.00 Includes a race packet and a **guaranteed** short sleeve shirt
- Children 12 and under \$10.00 Includes a race packet and a guaranteed short sleeve shirt (*Circle* for Youth sizing)

Saturday, August 27, 2016 through race day:

- \$30.00 Includes a race packet *with shirt, while supplies last*
- Children 12 and under **FREE!** (Includes a race packet only.)

To guarantee a shirt, register by August 26, 2016!

Registering on race day? Payment can be made with **Cash or Check** only.

Shirts available to purchase on day of event for \$10.00 while supplies last.

Questions? Contact Renae at 610-275-1960 or rgagen@montcosaac.com

Team name (if applicable. See below*) _____

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Age on Race Day: _____ Date of Birth ____/____/____ Shirt Size: S M L XL (Adult or Youth)

Email: _____@_____ Phone: (_____) _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Montco SAAC, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Montco SAAC to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ____/____/____

Application may be duplicated. Applications can be downloaded at www.montcosaac.com and www.pretzelcitysports.com

***Team Members:** If you are participating as a member of a team, please indicate your Team Name on the application form. The Team Leader may pick-up team members' packets at the Ambler center (45 Forest Avenue, Ambler PA) on Friday 9/16/16 from 2 pm - 4 pm only *with each signed waiver*. Team leaders may also pick up packets on race day at the "Pre-Registered" table.