

# KAREN OLDHAM FOUNDATION

## 5K RUN/WALK

### TO KNOCK OUT INFLAMMATORY BREAST CANCER

All proceeds will be donated to further research on Inflammatory Breast Cancer

### Sat, October 1, 2016 - 9 AM – City Island, Harrisburg, PA

**LOCATION/REGISTRATION:** City Island, Harrisburg , PA; Registration/number pickup starting at 8:00 AM. 5K Run/Walk begins at 9:00 AM. Parking on City Island is available and free. Refreshments for finishers, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**COURSE:** The five kilometers (3.1 miles), relatively flat out and back course along the Susquehanna River is accurately measured and certified. The race starts and finishes at the Walnut Street Bridge on City Island.

**AWARDS:** Prizes will be awarded to the top male & female overall and top male and top female in the following age groups: 0-18, 19-29, 30-39, 40-49, 50-59, 60 and over.

**ENTRY Fees:** \$30 with a shirt, \$25 without a shirt if entered by September 22, 2016  
\$35 with a shirt, \$30 without a shirt after September 22, 2016, including day of race.

**Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(nominal processing fee applies, closes on the Wednesday of race week at midnight)

[HTTP://WWW.FACEBOOK.COM/KARENOLDHAMFOUNDATION](http://WWW.FACEBOOK.COM/KARENOLDHAMFOUNDATION)

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

**MAIL CHECK PAYABLE TO "The Karen Oldham Foundation" & mail FORM BELOW TO: 15 Cumberland Estates Drive, Mechanicsburg, PA 17050. RACE DIRECTOR: Robyn Bupp: (717) 443-0177, [rbupp2000@yahoo.com](mailto:rbupp2000@yahoo.com)**

.....Please Print Clearly.....

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): if enter by September 22nd: 5K With shirt \$30 5K without a shirt \$25

after Sept 22nd: 5K with shirt \$35 5K without a shirt \$30

Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ Shirt Size (circle one): S M L XL 2X 3X

email \_\_\_\_\_@\_\_\_\_\_

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 The Karen Oldham Foundation and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/ 2016

(signature of parent or guardian required if under 18)