

4TH ANNUAL

610.355.9580
www.stratfordfriends.org

5k RACE & 1 mile walk for STRATFORD

SUNDAY
OCTOBER 23
2016, 10am

Ridley Creek
State Park
Rain Or Shine
610.355.9580



STRATFORD
— FRIENDS SCHOOL —
40 YEARS

***ONLINE REGISTRATION IS STRONGLY ENCOURAGED**

REGISTRATION: 5K Race & 1 Mile Fun Walk or Run to benefit Stratford Friends School.

5k & 1 Mile Fun Walk Fees: \$25 early registration fee if postmarked by Thursday, Sept. 29th; guarantees a shirt in the size you request. Afterwards until Friday, Oct. 21stth registration fee \$30, shirts available while supplies last. Race day fee \$35, shirts while supplies last.

Register online at www.Stratfordfriends.org (includes a minimal service fee, online registration closes midnight 10/21/16) or complete this portion.

Detach and mail checks payable to Stratford Friends School.

Select: **5K RACE / 1 MILE FUN WALK**

Name _____

Address _____

Please print

City _____ State _____ Zip _____

Phone _____

E-mail address _____ Age *(on Race Day)* _____ Male _____ Female _____

Shirt Size: (Check One)

Adult

S M L XL

Youth

S M L XL

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 Pretzel City Sports, Stratford Friends School 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, 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Stratford Friends School and mail to same at: 2 Bishop Hollow Road, Newtown Square PA 19073
(610) 355-9580 ♦ csui@stratfordfriends.org**

WHO: Runners of all ages. Gather your family, friends and coworkers for a spectacular October run through Ridley Creek State Park. Great opportunity to improve your time. Walkers welcome!

WHAT: 5k road run and 1 mile fun run / walk to benefit Stratford Friends School, a co-educational Quaker day school for K-8 students with language-based differences. Professional timing by Pretzel City Sports. Clock at finish, instant results, awards. Rain or shine. No refunds.

WHERE: Ridley Creek State Park, Area 17. 1023 Sycamore Mills Rd, Media, PA 19063

The Park encompasses over 2,600 acres of Delaware County woodlands and meadows. The gently rolling terrain, bisected by Ridley Creek, is only 16 miles from Center City Philadelphia.

WHEN: Sunday, October 23, 2016.

Race Day Registration Table opens at 9:00 AM. 5k run begins at 10:00 AM. 1 mile fun run / walk immediately follows 5k.

AWARDS: Top Male and Top Female and Top Male & Female in each of the following:
12 and under, 13-18yrs, 19-29, 30-39, 40-49, 50-59 and 60+.

PRE-REGISTRATION:

Online at www.Stratfordfriends.org 5k/1 Mile Fun Run/Walk: \$25 by 09/29/16, afterwards until midnight, 10/21/16, \$30, Nominal processing fee applies. Online registration closes Friday, October 21st at midnight. Pre-register by Thursday, Sept. 29th to guarantee shirt size, afterwards and including race day, sizes will be honored based on availability, but not guaranteed.

RACE DAY REGISTRATION:

Table opens at 9:00 AM. 5k/1 Mile Fun Walk/Run: \$35 Includes shirt, while supplies last.



About Stratford Friends School

Stratford Friends School, located in Newtown Square, is a leader and a pioneer in the education of children who learn differently. SFS students are intelligent and imaginative, but find it difficult to learn in a conventional classroom setting. The school's mission is to prepare these children to function successfully in a regular classroom. The school provides a full multisensory academic curriculum and a 6:1 student-teacher ratio. SFS is a school committed to diversity, peacemaking, social justice, and the recognition of the spiritual dimension of life. At Stratford Friends School, children with learning differences discover and celebrate their strengths as students and as individuals. For more information go to www.stratfordfriends.org

Sponsorship Opportunities Welcome. Please contact Catherine Sui
(610)355-9580 or csui@stratfordfriends.org for more information.